A Vermont Cook Book

by VERMONT COOKS

PUBLISHED BY THE GREEN MOUNTAIN STUDIOS, INC.
WHITE RIVER JUNCTION, VERMONT

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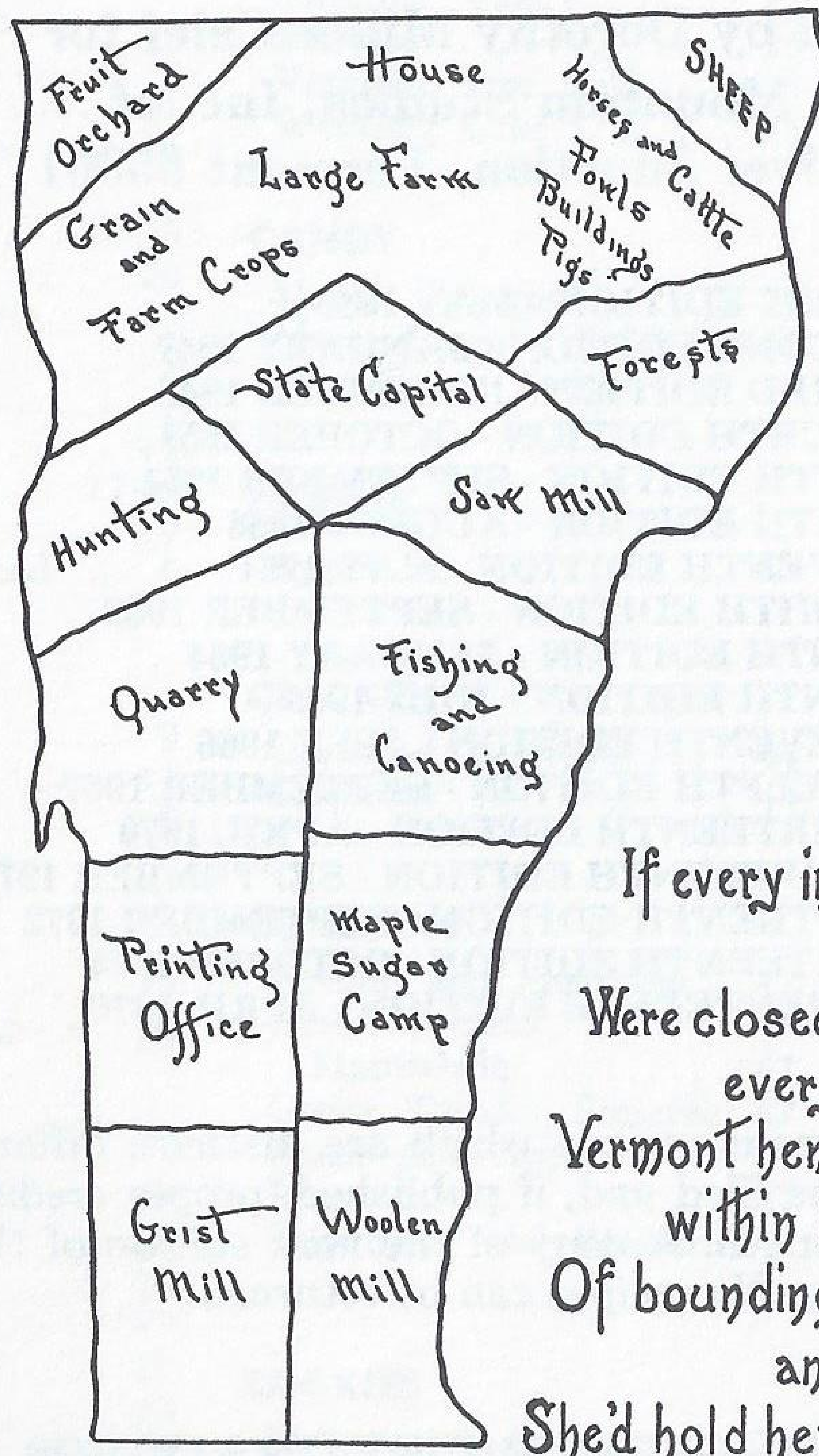
Fruit Orchard
House
Sheep
Horses and Cattle
Large Farm
Fowls
Buildings
Pigs
Grain and Farm Crops
Forests
State Capital
Hunting
Saw Mill
Quarry
Fishing and Canoeing
Printing Office
Maple Sugar Camp
Grist Mill
Woolen Mill

If every interchange
of trade
Were closed from
every quarter,
Vermont hemmed in
within her lines
Of bounding land
and water,
She'd hold her way
Without a hitch, well housed, well clothed,
Well boarded, well governed, and well edited,
With health, and money hoarded
With only salt from fields outside
Vermont would get on pat;
And salt is cheap - and don't you know -
She's not so fresh, at that!

L.E.W.

PREFACE

We are passing on to you in the pages of this book, some of the finest strictly Vermont recipes and if they bring an increase in your joy of living, we will feel that our efforts are not in vain.

THE PUBLISHERS

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We can use unusual Vermont recipes which are distinct, different and good. Any recipes sent in will be filed and, if published, proper credit will be given to the person sending them in. A copy of the next edition of this Cook Book will be sent complimentary. No recipes can be returned.

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WHITE RIVER JUNCTION, VERMONT 05001

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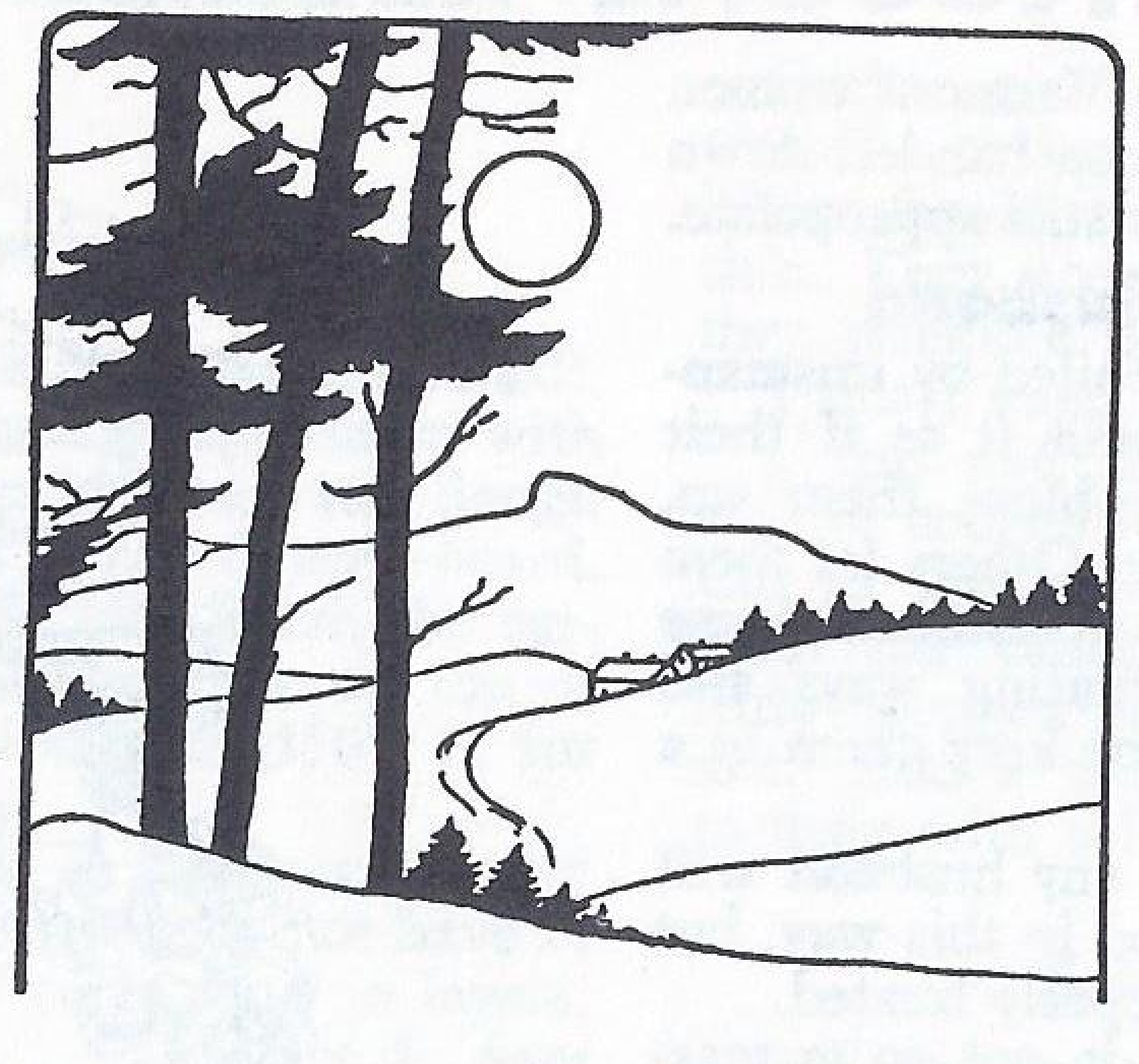


INTRODUCTION

A true Vermonter knows to "make do or do without." Never was this made more clear than in this collection of recipes by Vermont cooks. "If buttermilk isn't available use sour milk or sweet milk." "Honey may be substituted for maple syrup or maple sugar and water, or brown sugar and water." One occasionally gets the feeling just use something but get started.

The ingenuity shown in adapting recipes in order to use whatever products are available must have made the job of war time limitations fairly simple for Vermont cooks. In many instances the use of local products is outstanding; and the use of the puff ball, which is a mushroom that grows in this part of the country, and the choke cherry are typical examples.

Vermont has more cows than people, and this has been a fact which apparently has been true for many years in the history of the state. Before the days of refrigeration, the Vermont cooks used sour milk and sour cream because they had plenty of it and had to use it. Many of these recipes date back long before the advent of refrigeration or available ice supply, consequently, a whole chapter will be devoted to sour milk recipes and also sour cream recipes. How many times modern cooks wish they had recipes of this nature when there are so few given in the current cook books. From our experience and from the number of recipes submitted asking for sour milk and sour cream, we are convinced that it does add a great deal to the product, and many cooks prefer it.

Some of the recipes break all the rules of modern cookery, but they are tried and true recipes which have been used for many years and we will give them to you as they were turned over to us by cooks of seventy years' experience, or the daughters and granddaughters of the good old Vermont cooks.

You will find many original recipes. We are sure that the Vermont cooks who submitted these did not realize that they had really created something new and different. Many Vermont cooks have cooked from childhood, and have learned from experience the proper ingredients to combine for certain results. When substitutions become necessary, it was not difficult for them to use what they had, and thus, a new recipe was born.

Another part of the book is devoted to MAPLE SUGAR and MAPLE SYRUP. If you haven't had any of the old-fashioned maple sugar which you have to scrape from the pail,—you are missing a taste sensation and it is time you did something about it.

The recipes in the book were sent in to us by VERMONT COOKS in response to an advertisement requesting them. In many instances they are printed exactly as sent. We have tried to interpret the colloquial expressions whenever it seemed advisable.

No attempt to compile an over-all cook book has been made. The book is limited to typically Vermont recipes, the majority of them old, the newer ones the invention of Vermont cooks.

Our chief difficulty was to get the recipes on paper which have only existed in Vermont minds.

We hope you will find in this book the recipes for those dishes which you have enjoyed in Vermont, and that in eating them once more, you will live over your memories of the Green Mountain State.

Dorothy Miller Calef

UNUSUAL RECIPES

This recipe has been known to Vermont women from "away back," and has been handed down from Mother to Daughter. It is still appropriate.

To Preserve a Husband

A good many husbands are spoiled by mismanagement. Some women go about it as if their husbands were balloons and blow them up. Others keep them in hot water. Others let them freeze by indifference and carelessness. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in a pickle all their lives.

It cannot be supposed that any husband will be tender and good if managed in this way, but they are really delicious if properly treated.

In selecting your husband, do not go to market for him as the best are always brought to your door.

It is far better to have none unless you will patiently learn how to govern him. See that the linen in which you wrap him is properly washed and mended, with the required number of buttons and strings tightly sewed on.

Tie him in the kettle by a strong silk cord called comfort, as the one called duty is apt to be weak. They are apt to fall out of the kettle and be burned and crusty on the edges, since, like crabs and lobsters you have to cook them while alive. If he sputters and fusses do not be anxious—some husbands do this until they are called done. Add a little sugar in the form of what confectioners call kisses, but no vinegar or pepper on any account. A little spice improves them, but it must be used with judgment. Do not stick any sharp instrument into him to see if he is becoming tender. Stir him gently, watching the while lest he adhere to the kettle, and so become useless. You cannot fail to know when he is done.

If this treatment is closely followed you will find him all that is desirable, but do not be careless with him and keep him in too cool a place.

Lemira Heath

Beet Salad

Remove the centers from eight cooked whole beets. Chop centers and mix with two tablespoons softened cream cheese. One teaspoon minced celery. One-half teaspoon minced onion. One-half teaspoon minced green peppers. Add enough mayonnaise to hold mixture together.

Fill the centers of the beets with the mixture. Chill and serve as a salad on lettuce leaves or use as a garnish for a roast.

Alpa Boutwell

Hard Soap

Clarify your grease or fat and allow to become practically cold. To clarify grease, heat fairly hot, add 2 or 3 potatoes cut in ⅛ pieces. Allow them to accumulate impurities. Remove potatoes. Strain through cheesecloth. To 5 pounds of grease add:

3 pints of water
1 can potash
1/3 cup borax
1/3 cup ammonia
½ cup sugar

The sugar is added for the lather. Stir this mixture until thick and pour into a cardboard box. Cut when cold.

Honey

This is to be used on hot biscuits or toast or sliced bread or as a topping for coffee cake.

5 pounds sugar
1⅛ pints hot water
Alum size of a cherry
20 Red Clover Blossoms
12 White Clover Blossoms
8 Pink Roses

Melt sugar with the water. Add alum and boil two minutes. Remove from fire and immediately add the petals of the blossoms and let stand 10 minutes. Strain and bottle. (We are convinced that only pink roses will do.)

Mrs. Percy A. Foster

Strawberry Shortcake

If ever you are in Vermont in early June, and are near a field of *Wild Strawberries,* take half a day and pick enough for a Strawberry Shortcake. Until you have eaten shortcake made with the wild strawberries you have missed the treat of your life.

Gather and hull,—don't attempt to wash,—cover with sugar and let stand about an hour before putting on the shortcake which has been generously spread with butter. Now most folks would say "Don't spoil the flavor by putting cream on it," however, I'll leave that to you but at least try it with just the wild strawberries.

Many of the old cooks did not mash their berries, they cut them in halves about an hour before using them on the shortcake and covered them with sugar. Some cooks use whipped cream between the layers and on top, others use plain cream poured over the serving to suit the individual taste, still others never use any cream at all.

Many good old Vermont cooks consider it nothing less than heresy to use anything for the shortcake except baking powder biscuit, it might be all right to add an egg, but, in their estimation it's better plain and sponge or plain cake should never be used.

Wild red or black raspberries and blackberries also make delicious shortcake. The rules for preparation are the same as for strawberry shortcake.

Biscuit for Shortcake

2 cups sifted flour
½ teaspoon salt
4 tablespoons shortening
3 teaspoons baking powder
¾ cup milk

Sift together the flour, baking powder, and salt. Cut the shortening into the dry ingredients with knives or a pastry blender. Mix to a soft dough with the milk. Turn onto a well floured board. Divide into two parts, roll out. Brush the surface with softened butter. Place one on top of the other. Bake in a quick oven 450° F. for about 20 minutes.

Biscuits that are handled in this way are very satisfactory for shortcake as you do not have to split the shortcake. It will come apart in layers.

Alice A. Ayer

Scripture Cake

4 cups I Kings 4:22 (first part)
1 cup Judges 5:25 (last clause)
2 cups Jeremiah 6:20
2 cups I Samuel 30:12
2 cups Nahum 3:12 (found in the Apocrypha)
1 tablespoon Numbers 17:8
1 large tablespoon I Samuel 14:25
Season to taste of II Chronicles 9:9
6 of Jeremiah 17:11
A pinch of Leviticus 2:13
½ cup Genesis 24:20
2 teaspoons of Amos 4:5

Follow Solomon's advice for making good boys, Proverbs 23:14, and you will have a good cake.

This recipe dates back many, many years and is found in many of our grandmother's and great grandmother's cook books. The cake is just as good today.

Mrs. Francis J. Shorkey

Honey Apple Griddle Cakes

The honey is wonderful in these griddle cakes, also maple syrup may be substituted. Maple syrup, or sugar, and apples are a natural combination.

1½ cups sifted flour
3 teaspoons baking powder
1 egg well beaten
¼ cup honey
¾ cup milk
3 tablespoons melted shortening
1 cup finely chopped, pared, and cored apples
¼ teaspoon cinnamon

Sift dry ingredients together. Combine egg, honey, milk, and shortening. Add to dry ingredients and stir until smooth. Add the apples and mix well. Fry on a hot griddle.

Mrs. Everett Atwood

Scalloped Onions

6 onions
Cracker crumbs, coarse

Slice and boil onions 10 minutes and drain. Roll 4 large crackers coarsely. Arrange onions and crackers in alternate layers in a buttered baking dish. Season each layer with salt, pepper and small pieces of butter. Pour 3 cups of hot milk over the whole. Bake 30 minutes in 375° oven. In Vermont, we use a large, round, thick, plain cracker.

Mrs. Orville Walbridge

Puff Ball Soup

Gather giant puff balls which grow to the size of a basket ball or larger and are delicious. They should be gathered while white under skin. They are safe for amateurs to pick for they resemble no poisonous toadstool.

1 quart milk
1 cup puff ball mushrooms (either canned or cooked for about 20 minutes)

Cut in small pieces. Add a little of the juice from the canned mushrooms. Add either a little chopped onion fried until done or onion salt. Add a small piece of butter and season to taste with salt. Salt and pepper.

Mrs. Carlisle Gabaree

Fried Puff Balls

Peel the puff balls. Cut in slices about ¼" thick or even less. Boil 3 to 5 minutes. Strain and fry in butter. Sprinkle with salt and serve.

Mrs. Carlisle Gabaree

Bean Porridge

This is it!

After Christmas or New Year's when nothing is left but the turkey carcass, is the time to make Bean Porridge. A turkey carcass is best but two ducks or two chicken carcasses will do.

Place all the bones (with a little meat left on them) in a large kettle and cover with water. Cook them until the meat literally falls off from the bones. When you are done you should have 3 quarts of stock and 2 cups of meat which you have picked from the bones.

Soak 1½ cups of pea beans over night, in the morning cook in the prepared stock until they begin to burst their skins, add meat and thicken with ⅜ cup of yellow corn meal which you have moistened in water. Season to taste (this really is necessary for some like it "more so" than others). Cook 30 to 45 minutes.

Use as a main dish, served in soup plates, with common crackers.

The flavor is improved by storing in a cold place for 24 hours, it is even better if the porridge is frozen solid before using.

In the old days a very large batch was made in a sugaring kettle, and kept out of doors, where of course it froze solid, then when some was wanted for supper, Grandma took her ax and chopped off a piece large enough for the family. The first freezing unit! Smart people these Vermonters!

Jessie M. Cone

Raspberry Shrub

Any desired amount of raspberries may be used. Four to six quarts is a convenient amount. Place them in a large agateware kettle, and just cover with vinegar. They do not want to have too much vinegar on them, so be careful not to float any of the berries. Allow to stand overnight or 16 to 24 hours. Squeeze the mixture through a cheesecloth. For each cup of liquid add one cup of sugar and boil for 20 minutes. Cool and bottle. Keep in a cool place. To serve, put approximately the same amount of raspberry shrub, as you would of concentrated grape juice, and fill the glass with water or cracked ice.

This is one of the best soft drinks or fruit drinks known to man, and is really simple to prepare.

E. M. Esterbrook

Boiled Cider Apple Sauce

2 quarts Tolman Sweet Apples
½ cup thick boiled cider

Peel and quarter apples, just cover with hot water, add cider and let simmer until the apples are done. Serve very cold. Any sweet apple may be used but Tolman Sweets are best. A little more water may be added if more juice is desired. The boiled cider may be bought in some grocery stores or may be made by boiling down cider until thick as molasses.

Marjorie Hurlburt

Boiled Cider Pie

Originated in Williston, Vt., 100 years ago

1 cup sugar
½ cup flour
½ cup homemade (preferred) boiled cider
Butter size of small walnut
1 cup boiling water
Add a few chopped butternuts if desired

Combine and put in unbaked pie shell, put on lattice top. Bake 450° 10 minutes and 350° about 30 minutes. Dorothy P. Alling

Raised Buckwheat Cakes

Combine at night for use in morning:
2 cups Buckwheat flour
¾ cup white flour
3 tablespoons sugar
1 yeast cake

Add water until a smooth batter, not too thick, and let rise over night. In the morning take out a cup as a starter for the next batch of cakes for another day. This means keep in room temperature so that yeast may continue to form. When starting with the cupful, add the whole recipe, except the yeast, let stand again over night. Add 1 teaspoon baking soda dissolved in a little water to the batter to be used. Fry on hot griddle. Marjorie W. Hurlburt

Excellent Pickle for Ham

100 pounds of ham
10 gallons of water
9 pounds salt
2 ounces of salt water
2 pounds sugar
1 quart maple syrup
2 ounces soda
1 ounce allspice

Combine ingredients and place in large crocks. Let the meat stay in the pickle for six weeks. Remove and smoke with corn cobs.

Brown sugar may be substituted for the sugar and maple syrup. For 100 pounds of ham about 5 pounds of brown sugar would be needed, however, Vermonters feel that the maple syrup gives a better flavor. Some of the natives use the ham simply pickled and not smoked.

Mrs. Jay McLure

Choke Cherry Jelly

Cook bright red choke cherries, (the dark cherries are not quite so good) with enough water to cover until the fruit is soft. Strain through a jelly bag. Then using one cup of the juice, use three cups of apple juice. With each cup of juice, add 2/3 of a cup of sugar. Boil until two drops will hang from the side of a spoon. Skim and pour into jelly glasses. Cover with paraffin. Mrs. Carlisle Gabaree

Carrot or Vegetable Pudding

From a great-grandmother's cook book

1 cup of carrots put through the food chopper
1 cup of potatoes put through the food chopper
1 cup of raisins put through the food chopper
¾ or 1 cup of sugar
1 cup flour
½ teaspoon allspice
1 teaspoon soda dissolved in a little water
1 teaspoon salt
1 egg

The raisins may be omitted. Add beaten egg to the other ingredients. Place in coffee cans or steamer, and steam three hours. Serve with whipped cream. Good.

Mrs. Agnes E. Hastings

Potato Patty Shell

The original recipe developed when patty shells were not obtainable and found to be less expensive than the ordinary kind, very satisfactory.

2 cups mashed potatoes
1 tablespoon full cream
1 egg
1 teaspoon baking powder
1 tablespoon butter
A little salt

Mash the hot potato and beat in other ingredients until the mixture is smooth and fluffy. Place 1 tablespoonful on a baking sheet forming a cup by using the back of the spoon. Bake in a 400 to 450°F. oven until brown. Fill with cream chicken, salmon wiggle or any other cream sauce and serve at once.

Mrs. Walter Swett

Pea Soup

½ pound green split peas
1 ham bone
6 onions

Take a large kettle which will easily hold a ham bone. Cover the bone with water until the water is about 1½" above the top of the bone. Then add six onions and boil until they are soft. Then add the ½ pound of green split peas and cook slowly until done. Season to taste. M. M. Moulton

Scotch Broth

Cook a good size, good rich soup bone until meat falls off, then remove the bone and add:
4 medium size onions sliced fine
1 pint diced turnips
1 pint diced carrots
2 pints diced potatoes
1 quart diced cabbage
Salt to taste
1 pint of peas. If dried ones, cook separately until soft
6 tablespoons pearl barley. Cook in a double boiler until soft

Cook a long time over a slow fire and when done add peas and barley.

This soup is very, very nourishing.

Mrs. H. A. Carleton

BREAD, ROLLS, MUFFINS

White Bread

2 cups milk
2 cakes compressed yeast
2 cups water
2 tablespoons sugar
1 tablespoon salt
2 tablespoons shortening
About 12 cups good bread flour

Scald milk and cool until lukewarm. Dissolve yeast in a small amount of water. Add yeast and remaining water to the cool milk, then add sugar, salt and shortening, then flour and mix thoroughly. Knead on a floured board for 10 minutes, adding a little flour to keep from sticking. Place in a large pan and cover well and let rise in a warm place, about 82° F. When double in size knead down. Cover again and when dough is raised half way, remove to floured board and shape into loaves. Place in greased bread tin. Cover with towel and when bread is well up over the center of the pan, bake in oven 400° F. for first 10 minutes, then reduce to 350° F. for about 35 minutes. This will make four loaves.

Variations: For whole-wheat bread use ½ whole-wheat flour and ½ white flour. For graham bread use ½ graham flour and ½ white flour. Mrs. Thomas Fitzgerald

Honey Orange Nut Bread

1 cup Vermont Bee's honey
2 tablespoons shortening
1 egg
1 tablespoon grated orange rind
1 teaspoon vanilla
2 cups sifted flour
2 teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt
¾ cup orange juice
¾ cup chopped butternuts

Cream honey and shortening, and add the egg, vanilla and orange rind. Sift dry ingredients and add alternately with orange juice. Bake in a loaf pan at 325° for 70 minutes. Alpa Boutwell

Corn Meal Mush or Hasty Pudding

Put two quarts of water into a clean dinner pot or stew pan, cover it, and when boiling hot add a tablespoonful of salt. Take off the light scum from the top. Have sweet, fresh yellow or white corn meal. Take a handful of the meal with the left hand and pudding stick in the right. (A pudding stick is a long handle wooden spoon.) Then with the stick stir the water around and by degrees let fall the meal. When one handful is exhausted, refill it. Continue to stir and add meal until it is as thick as you can stir easily, or until the stick will stand in it. Stir it a while longer. Let the fire be gentle. When it is sufficiently cooked, which will be in one-half an hour, it will bubble or puff up. Turn it into a deep basin. This is eaten hot in milk or when cold slice and fry. Serve with maple syrup or sugar, or meat and gravy, the same as potato or rice.

Mary Thwing

We have searched for somebody who can tell us the exact measurements used but the good old cooks will have none of it.

Graham Bread

2 Loaves Without Yeast

4 cups graham flour
2/3 cup wheat flour
¼ cup sugar
½ cup molasses
2 tablespoons lard or any other shortening
2 teaspoons salt
2 teaspoons soda sifted with flour
2½ cups sweet milk

Mix all thoroughly. Put into greased bread tins and bake one hour in a moderate 375° F. oven.

Variations: 1 cup raisins and/or 1 cup nut meats may be added. Mrs. R. H. Allen

Vermont Graham Bread II

1½ cups buttermilk
2 tablespoons melted butter
2/3 cup maple syrup
2 teaspoons soda
½ teaspoon salt
1 1/3 cups graham flour
1 1/3 cups bread flour sifted

Mix in the order given. Bake in a greased tin at 350° F. for 45 to 50 minutes.

Preston C. Cummings
"One of the Green Mountain Boys"

Oatmeal Bread

2 cups boiling water
2 cups rolled oats
1 tablespoon softened butter
½ cup molasses
½ teaspoon salt
1 cake yeast
½ cup lukewarm water
5 cups sifted flour (approximately)

Add boiling water to rolled oats and let stand one hour. Then add butter, molasses and salt. Dissolve yeast in lukewarm water and add to the rolled oats mixture, with enough flour to make a stiff dough. Turn out on floured board. Knead 4 to 5 minutes. Place in an oiled bowl, brush with melted butter. Cover and let rise overnight in a warm place. In the morning knead lightly and shape into 2 loaves. Let rise till double in bulk and bake in oven 40 to 50 minutes. Stella De Wispelaer

Vermont Nut Bread

½ cup brown sugar
¾ cup cold water
½ cup molasses
¾ cup milk
2 cups graham flour
1 cup bread flour
1 1/3 teaspoons salt
2½ teaspoons baking powder
¾ teaspoon soda
¾ cup butternut meats

Other nuts may be substituted for butternuts if they are not available.

Method: Mix the brown sugar with the cold water. When lumps are dissolved add the molasses and milk. Mix and sift the graham and bread flour, salt, baking powder and soda. After sifting, use the graham flour left in the sifter. Add the liquids to the dry ingredients. Lastly add the butternut meats. Bake 1½ to 2 hours in a slow or 300° F. oven. Dorothy Orcutt

Banana Bread

1 egg
1 small cup sugar
½ cup butter or other shortening
1 teaspoon soda
2 cups flour
Pinch of salt
3 mashed bananas

Beat egg and add sugar. Soften the butter and add to egg and sugar. Add bananas and soda sifted with flour. Bake 1 hour in a moderate oven, 350° F. Mrs. Pliny A. Smith

Golden Corn Cake

Known in many parts of Vermont as Johnny Cake

¾ cup corn meal (yellow)
1¼ cups flour
¼ cup sugar
4 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 egg
1 tablespoon melted butter or bacon fat

Mix and sift the dry ingredients. Add the milk and egg beaten together, and the melted butter last. Bake this in a cake tin and cut in pie shape to serve. Excellent with maple syrup, maple sugar, or honey or jam. An especially good compliment for baked ham. Mrs. H. R. Miller

Blueberry Johnny Cake

1 cup corn meal
½ cup flour
2 teaspoons baking powder
¼ teaspoon salt
1 egg
½ cup sugar
½ cup milk
2 tablespoons melted shortening
1 cup blueberries

Mix and sift the dry ingredients. Add the well beaten eggs, and milk and the shortening. Add the blueberries. Bake in a greased tin in a 450° F. oven, 20 minutes.

This may also be baked in a cake tin, and cut in pie shape pieces.

This is an original recipe combining the use of corn meal and blueberries, and is a very tasty variation. Virginia E. Gilchrist

Blueberry Muffins

2½ cups flour
4 teaspoons baking powder
¼ cup sugar
½ teaspoon salt
1 egg
1 cup milk
4 tablespoons melted shortening
1 cup blueberries

Sift flour, baking powder, sugar and salt. Save 1/3 cup of this mixture and mix with blueberries. Beat egg until light. Add milk, shortening, and beat into the flour mixture. Fold in the floured berries. Bake at 425° F. for about 25 minutes.

Blueberry muffins have long been a favorite of Vermont natives and visitors. They usually are made with fresh berries, however the frozen blueberries are a very satisfactory substitute.

Mrs. A. H. Gilchrist

Bran Muffins

1 cup bran flour
2 cups white flour or 2 cups Kellogg's All Bran and 1 cup white flour
1 egg
¾ cup milk
3 tablespoons molasses
3 teaspoons baking powder
½ teaspoon salt

Vermont cooks feel that the old-fashioned iron gem pans are best for baking bran muffins. They should be well greased and baked in a 375° F. oven about 30 minutes. Serve warm.

Elsie Crockett

Oatmeal Muffins

1 cup flour
2½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons sugar
1 egg well beaten
2/3 cup sweet milk
2 tablespoons shortening
1 cup quick oats

Sift flour, baking powder and salt, sugar, twice. Combine the egg, milk, shortening and add to the flour mixture, beating only enough to dampen the flour. Add the oats. Fill greased muffin pan 2/3 full.

For variation, put a teaspoonful of jelly on the batter of each muffin. Bake in a hot oven, 400° to 425° F. 25 minutes.

Elizabeth McGill

Another variation to this muffin is to add ½ cup of seedless raisins or ½ cup of nutmeats.

Date Bran Muffins

2 cups All Bran
½ cup molasses
1½ cups milk
1 egg
1 cup sifted pastry flour
1 teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
½ cup chopped dates
½ cup seedless raisins or currants

Add All Bran to molasses and milk and allow to soak for 15 minutes. Beat egg lightly and add to the first mixture. Add sifted dry ingredients and fruit. Bake in greased muffin pans in the oven at 400° F. for about 20 minutes. This will make 18 muffins. Flora Ruth Gilmore

Apple Muffins

3 tablespoons shortening
¼ cup sugar
1 egg
1 cup bran flakes or All Bran
¾ cup milk
1 cup bread flour
3 teaspoons baking powder
½ teaspoon salt
½ cup chopped apples

Cream shortening, add sugar, then beaten egg, then bran, then milk. Sift flour, baking powder and salt together and add to the first mixture. Last add the chopped raw apple. Bake 30 minutes at 400° F. Makes 18 small muffins.

For variation use ½ cup strained crushed pineapple and ½ teaspoon cinnamon.

Flora Ruth Gilmore

Featherbed Rolls

3 eggs
½ cup sugar
½ cup soft lard
1 cup warm milk
2 yeast cakes
3½ cups flour

Combine eggs well beaten in sugar, lard, milk, yeast cakes dissolved in milk, flour and let rise until double in size. Put ½ cup flour on board. Divide the dough in equal parts. Roll each part round ½ inch thick. Spread with soft butter. Cut in fourths, each quarter in four sections, "like piece of pie." Begin at wide end and roll up. Lay pointed end on pan to bake. Let rise for 30 minutes. Bake in hot oven 450° F. 15 minutes. Put ½ inch apart. Makes 32 rolls.

Stella De Wispelaer

Rye Bread

8 cups milk, scalded
2 tablespoons sugar
2 tablespoons salt
2 tablespoons lard
1 yeast cake
Flour enough to knead

Combine and place near stove, let rise overnight. Be sure to cover pan tightly so that no cold air will get in while rising. Knead down in the morning, let rise again, then knead and put into tins. Let rise again until double its size. Brown crust about 20 minutes in 450° oven then reduce to 350° 40 minutes or until done.

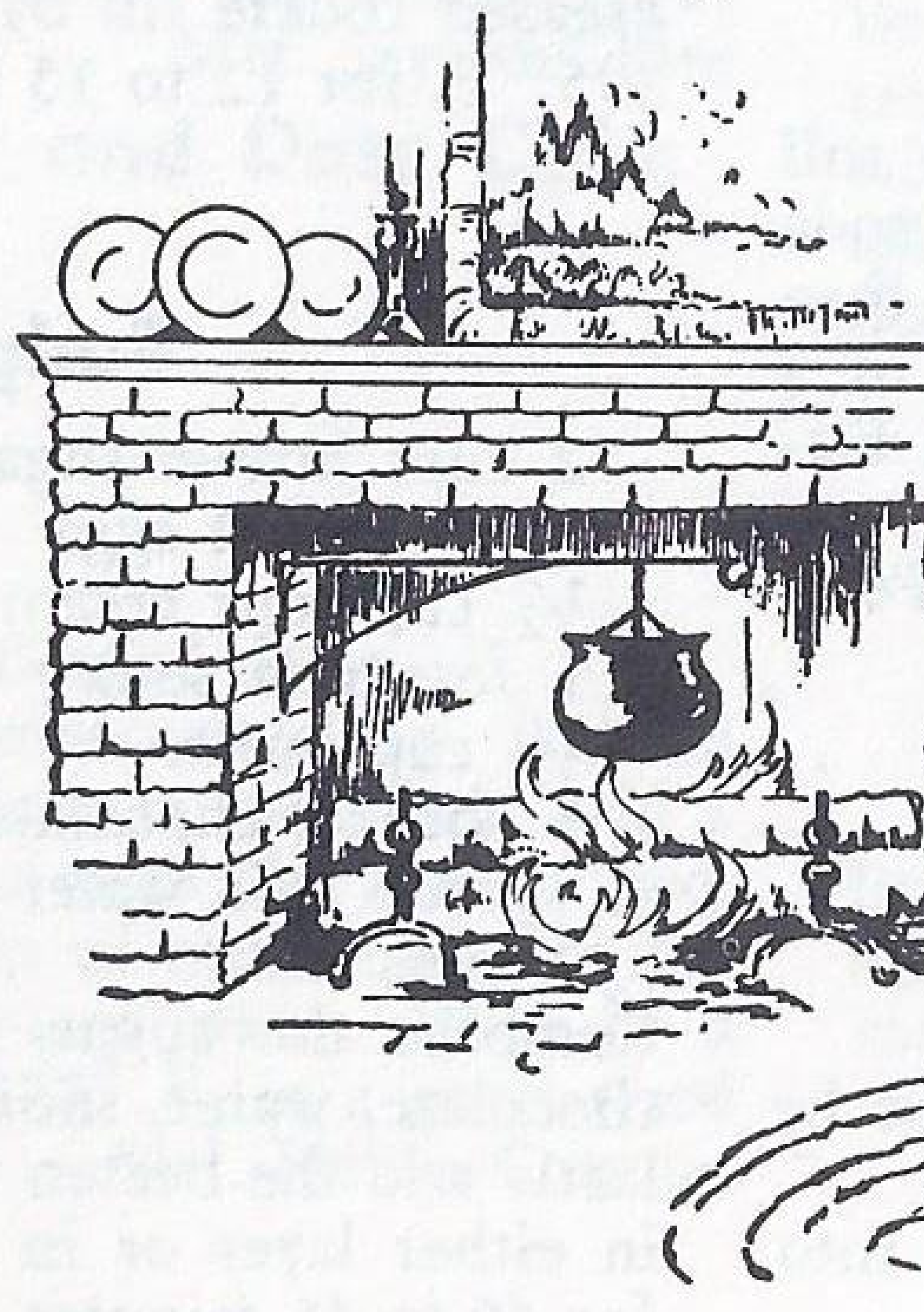
Florence Guyett

Date-Nut Bread

1 package dates
1 cup boiling water
Pour water over dates and let stand while creaming:
3 tablespoons butter
1 cup brown sugar
2 eggs
Combine butter, sugar and eggs and beat. Sift
1 teaspoon baking powder
1 teaspoon soda
½ teaspoon salt
2½ cups flour

When these dry ingredients are sifted together, combine with above mixture and then lastly add the dates and water which they have soaked in and add 1 cup of chopped nuts if desired.

Mrs. Alfred Chickering



Nut Bread

2 eggs
1 cup sugar
2 tablespoons melted shortening
2½ cups flour
1 teaspoon salt
4 teaspoons baking powder
¾ cup milk
1 cup chopped nut meats

Beat eggs and sugar, add melted shortening, sifted flour, salt, baking powder, adding these dry ingredients alternately with milk. Add nut meats. Let stand 15 or 20 minutes and bake 40 to 50 minutes in 325° F. oven.

Julia Capen

Eggless Nut Bread

1½ cups white flour
1 teaspoon salt
3½ teaspoons baking powder
¼ teaspoon soda
1½ cups whole wheat flour
½ cup brown or maple sugar
1 cup chopped walnuts
1½ cups milk
¼ cup molasses

Sift flour, salt, baking powder and soda together. Add nuts. Mix brown or maple sugar with the molasses, add the milk and stir well. Then add to the dry ingredients the wet mixture. Pour this batter into a loaf pan, well oiled and floured. Bake in 375° F. oven about 1 hour.

Gladys Bates

Butternut Maple Pecan Buns

Cream ½ cup of shortening. Add ½ cup of sugar scant. Add 3 cups unsifted flour and 1 teaspoon salt. Then add 1 cup warm water and 1 yeast cake. Mix all together. Add 1 beaten egg, beat well. Put in ice box overnight. Three hours before serving grease muffin tins. Put in each one, 1 teaspoon brown or maple sugar, a little butter and butternuts or pecans. Then drop in a good teaspoon of dough. Let rise. Bake 12 to 15 minutes in a 375° F. oven. Or ¼ cup broken butternut or pecan meats may be stirred together. Drop ½ teaspoon of mixture on a cookie sheet and cut out dough with a biscuit cutter and place over the nut mixture. Serve them bottom side up.

Mrs. Ruth N. Thompson

SOUR CREAM RECIPES

Old Fashioned Sour Cream Cookies

Back in the dim and distant past,
When I was very young,
A neighbor woman, called "Aunt Frank,"
Around whose door we hung
Each day when coming home from school,
Just famishing for food,
Was ready for us, every time,
Boy, weren't those cookies good!
They're made of pure old-fashioned lard
No substitutions, please!
With thick sour cream, no egg you see,
Your family will tease
For seconds; so best be prepared,
Get out your mixing bowl,
When you have tried this recipe,
You'll bless one dear old soul!

Mrs. Harry L. Frost

1 cup thick sour cream
1 teaspoon soda
3 cups of sifted bread flour
1 cup lard
1 cup sugar
1 teaspoon salt
1 teaspoon nutmeg
1 teaspoon vanilla

Chop altogether as if for pie crust. Add the cup of thick sour cream into which one teaspoon of soda has been dissolved. Roll and cut out. Bake in 375° F. oven 10 to 12 minutes.

Mrs. H. Leslie Frost

Sour Cream Cookies No. 2

1 cup sour cream
½ cup butter or chicken fat
1½ cups sugar
2 eggs
1 teaspoon soda
3 cups flour
1 teaspoon lemon extract

Add soda to the sour cream. Cream butter and sugar together. Add eggs. Beat well. Add sour cream and soda and flour. Last of all flavoring. Drop from a teaspoon onto a greased baking sheet. Bake at 375° F. Mrs. H. R. Miller

Many good old Vermont cooks use caraway seed on top of these cookies before they are baked. Perhaps you will prefer cinnamon with sugar mixed or some of the bright colored sugars available in the market today.

Extra Rich Sour Cream Cookies

2 cups sugar	1 cup thick sour cream
2 eggs	1 teaspoon soda
1 cup butter or lard	½ teaspoon salt

Flour to make the batter workable to roll

Cream the sugar and shortening well. Add soda to sour cream and add to the first mixture, then add salt and flour. Roll these and bake in a moderate oven 375° F. about 10 minutes. Flavor with vanilla or cinnamon if desired.

Mrs. R. G. Perry

Filled Sour Cream Cookies

1 egg
1 cup sugar
½ cup Vermont Dairy Butter
2/3 cup sour heavy cream
2/3 teaspoon soda
Flour enough to handle well and not be sticky

Roll about 1/3 inch in thickness. Cut into circles.

Filling

1 cup raisins
½ cup water
½ cup sugar
1 tablespoon flour
1 teaspoon lemon extract

Cook this gently for about 5 minutes until it has thickened, stir constantly. Place a heaping teaspoonful of the filling on one of the cookie rounds and press down a second one to form a top. Press down the edge all the way around. Bake at 400° F. for about 15 minutes.

Mrs. Lawrence E. Thomas

Sour Cream Raisin Cookies

2 eggs
1 cup sugar
1 cup sour cream
½ cup shortening
1/3 cup sweet milk
1 teaspoon lemon flavoring
1 1/3 teaspoons soda
1 2/3 teaspoons cream tartar
½ teaspoon salt
3 to 4 cups flour

Mix well. Drop by teaspoonful on a cookie pan which has been greased. Sprinkle with sugar. Add one drop of water on each cookie. Place a raisin in the center of each. Bake in a moderate oven 375° F. 10 to 12 minutes. This rule will make a lighter cookie. Anna Waite

Elephant Ears

1 cup molasses
1 cup maple sugar
1 cup sour cream
4 cups flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon salt
2 eggs
1 cup raisins, cover with hot water and let stand

Beat eggs. Add soda to sour cream. Add molasses and maple sugar. Add beaten egg. Mix and sift the dry ingredients and add to the above. Drain the raisins which have been soaking in the hot water and add last. Drop on a greased cookie tin by teaspoonful and bake at 375° F. for 12 to 15 minutes.

Mrs. W. H. Pierce

Fudge Cake

2 cups brown sugar
Yolk of 2 eggs
½ cup sour cream
1 teaspoon soda
½ cup butter
3 squares chocolate
½ cup cold water
2 cups flour

Combine the sugar, butter, egg yolks, melted chocolate, water, sour milk and soda, flour, and lastly add the beaten whites. This may be baked in either layer or in a large loaf pan, 375° F. for 40 to 45 minutes. Mrs. John Barnard

Dark Chocolate Cake

1 cup sugar
¼ teaspoon salt
1 egg
½ cup sour cream
1½ cups flour
1 teaspoon soda
½ cup boiling water
2 heaping tablespoons cocoa
1 teaspoon vanilla

Beat the egg and add the sugar and salt. Mix thoroughly the sour cream, soda, vanilla and flour. Add to the first mixture and beat in till smooth. Add ½ cup of boiling water which has been thoroughly mixed with two heaping tablespoons of cocoa. Add to the first mixture. Bake in layer cake pan at 375° F.

This cake will keep moist several days. If you do not have the sour cream, you can make the cake using ½ cup sour milk and ½ cup melted shortening. Add the shortening and milk to the egg and sugar mixture. Very good with creamed cheese icing made of

1 package cream cheese
1 cup confectioners sugar
½ teaspoon vanilla

Mrs. Alfred Chickering

Maple Sugar Sour Cream Cake

1 egg
1 cup maple sugar
1 cup sour cream (heavy)
2 tablespoons sour milk
1 teaspoon soda
1 small teaspoon salt
1 cup raisins
Flour for a cake batter (2 cups)

Beat eggs and add maple sugar, sour cream mixed with sour milk, and soda, salt, and the flour. The raisins are optional. Bake in a hot oven 400° F.

Mrs. Pliny A. Smith

Maple Sour Cream Cake No. 2

1 egg
Sour cream
1 cup soft maple sugar
1 teaspoon cream tartar
1 teaspoon soda
1½ cups flour

Place the egg into measuring cup. Fill the cup with thick sour cream. Add one cup of soft maple sugar, 1 teaspoonful of cream of tartar, 1 teaspoonful of soda and 1½ cups flour. Beat together and bake in a small loaf tin 375° F. until thoroughly done. Mrs. Jay McClure

Sour Cream Nut and Date Cake

2 eggs
Sour cream
1 cup of sugar
1½ cups flour
1 teaspoon soda
1 cup of nut meats
¾ cup chopped and floured dates

Break the eggs into a measuring cup, and fill cup with sour cream. Place in the bowl. Add 1 cup sugar, and the flour with the soda added. Beat well. Fold in a cup of nut meats and the ¾ cup of chopped floured dates. Bake in a moderate oven 350 to 375° F. in a good sized loaf pan. Mrs. Henry Cormier

Blackberry Jam Cake

3 eggs
1 cup sugar
¾ cup butter
1½ cups flour
1 cup blackberry jam
3 tablespoons sour cream
1 teaspoon each, soda, allspice and cinnamon

Cream the sugar and butter. Add the eggs. Beat well. Add the soda to the sour cream and add to the first mixture. Add the jam and flour, spices. Bake in layers 375° F. for 20 minutes.

B. McLane

Sour Cream Raisin Pie

1 cup sour cream
2 eggs
1 cup sugar
1 tablespoon flour
2 cups chopped raisins
Salt

Beat eggs and add sugar, flour, sour cream, and chopped raisins, salt. Place in an unbaked pie shell, and bake in a hot oven 450° 10 minutes, reduce to 350°. Yummy!

Stella De Wispelaer

Sour Cream Ginger Bread

1½ teaspoons soda
1 cup sour cream
1 cup molasses
2¼ cups flour
½ teaspoon salt
2 teaspoons ginger
¼ cup shortening

Add soda to the sour cream. Add molasses, and be careful to have a big enough dish because this may fizz some. Add the flour, salt, ginger and shortening melted. Bake in a large loaf pan for 1 hour at 375° F. Mrs. R. G. Perry

Sour Cream Doughnuts

½ cup sour cream
½ cup sour milk
1 cup sugar
2 eggs
1 teaspoon soda
1 teaspoon cream of tartar
1 teaspoon baking powder
1 teaspoon salt
¼ teaspoon nutmeg
Pinch of ginger
3½ cups bread flour

Beat the eggs and sugar and add soda to the cream and milk. Sift all other dry ingredients with the flour and mix with first mixture. Chill, roll out, and fry in deep fat at 370° F. Fine old-fashioned doughnuts! Mrs. Lee French

Sour Cream Butternut Frosting

2 cups of sugar
1 cup sour cream
Pinch of salt
½ teaspoon vanilla
¾ cup of butternuts

Boil the sugar and cream until it spins a thread when dropped from a spoon. Add salt, vanilla, and the butternuts. Beat with a spoon until it is thick enough to thread.

Mrs. Percy A. Foster

Sour Cream Fudge

2 cups sugar
2 tablespoons white Karo
1½ tablespoons cocoa (heaping)
½ cup sour cream
1 teaspoon vanilla
½ cup butter

Put mixture in saucepan and after it begins to bubble allow to cook 2 minutes. Then set in cold water 2 minutes. Take out and beat until thick. Add nuts. This is very creamy and keeps moist a long time. Mrs. Alfred Chickering

Maple Sugar Sour Cream Frosting

1½ cups maple sugar
1 cup sour cream

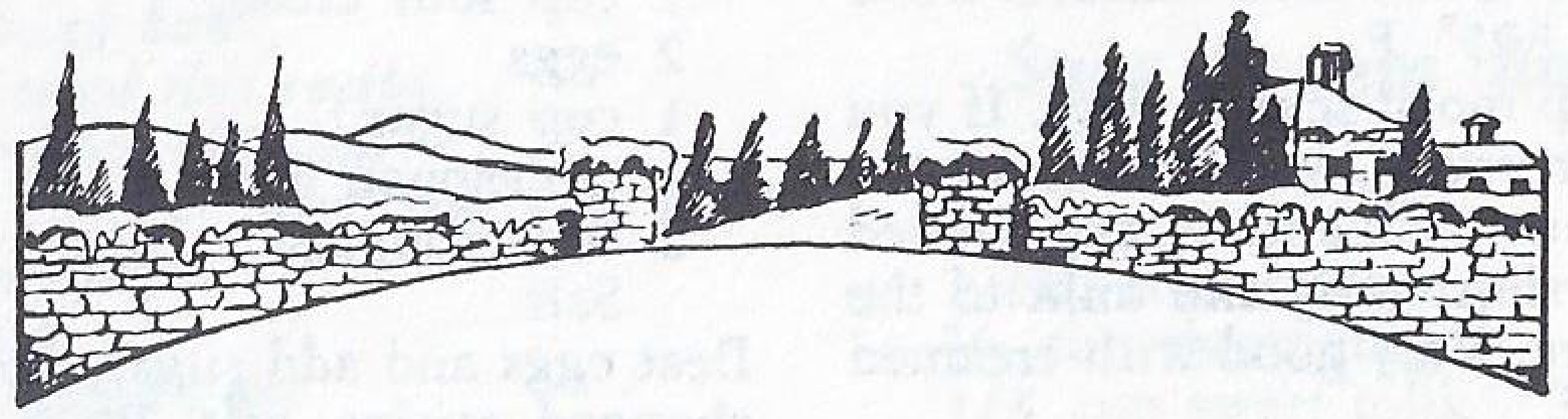
Cook until it forms a soft ball when tried in cold water. Remove and stir in 1 cup of butternut meats if desired. Mrs. E. W. Eayers

Regular Sour Cream Frosting

1 cup sugar
1 cup sour cream

Cook together until it will form a soft ball in cold water well. Spread on cake.

Mrs. C. E. Chapman



Where rosy dawns bedeck the east.
And golden sunsets shine.
Where air is pure and fragrant with
The scent of sprue and pine,
Where golden-rod and clover red
And daisies smile at you,
And blue-birds greet you in the spring.
Your friendship to renew,
That's Vermont.

Where lowing herds in pastures green,
Contented wend their way
To cooling streams their thirst to slake,
At close of heated day
Where mountains grand in verdure clad,
Stand guard o'er the wide sweep
Of meadows, wooded hills, and glades,
And silent vigils keep
That's Vermont

Where autumn paints the landscape wide
With tints of rarest hue,
And winter clothes the earth in white,
'Neath skies of brightest blue,
Where babbling brooks go dancing on
O'er rocks and pebbles white,
While mirrored lakes, serene and still
Reflect the moons pale light,
That's Vermont

SOUR MILK RECIPES

Graham Gems
(Muffins)

1½ cups sour milk
2 tablespoons shortening
1½ cups graham flour
1 teaspoon baking powder
2 tablespoons sugar
1 teaspoon salt
1½ cups white flour
1½ teaspoons soda

Add the melted shortening to the sour milk to which soda has been added. Sift dry ingredients. Stir well. Bake in a hot gem iron or muffin pan 30 minutes at 425° F.

Mrs. Frank Hendee

Rolled Oat Muffins

This is a typical way of preparation in a farmer's household.

2 cups rolled oats
1½ cups sour milk
¼ cup melted butter
1/3 cup sugar
1 teaspoon soda
½ teaspoon salt
1 egg well beaten
1 cup flour

Soak the rolled oats in the sour milk overnight (1 hour will do). In the morning add the rest of the ingredients and fill buttered muffin tins. Bake in a hot oven 20 minutes 425° F.

Mrs. Clayton McLaughlin

Graham and Bran Gems

1½ cups sour milk
¼ cup sugar
¼ cup molasses
1 cup bran
1½ cups graham flour
½ cup white flour
1 teaspoon salt
4 teaspoons cream
1 rounding teaspoon soda

Mix lightly. Bake in gem tins in a moderate oven 375° F. until done.

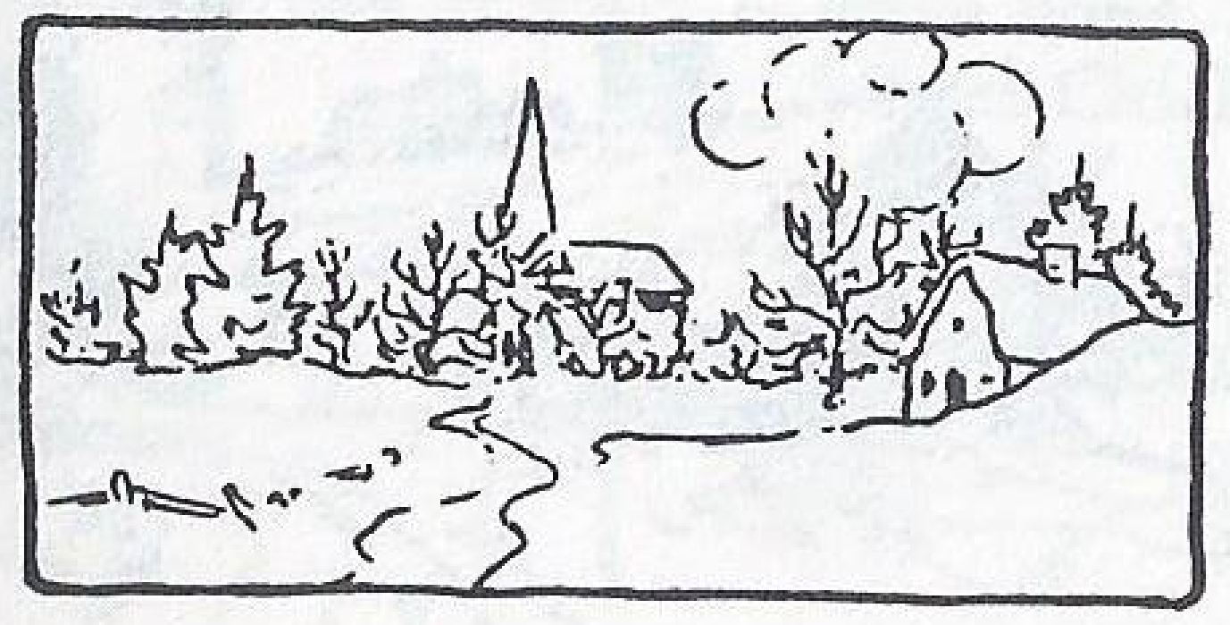
Florence A. Johnson

Golden Corn Cake or Johnny Cake

1½ cups sour milk
1 cup corn meal
1 cup white flour
1 egg
½ cup sugar
Pinch of salt
2 tablespoons butter
1 teaspoon soda

Dissolve the soda in the sour milk. Mix the sugar and butter, and salt together. Add the egg. Beat well. Add the dry ingredients alternately with the sour milk. Cook in cake tin or muffin pan 425° F. for about 20 minutes.

Elsie Crockett



Johnny Cake No. 2

2 cups corn meal
1 cup white flour
2 cups sour milk
1 cup sugar
1 egg
2 teaspoons soda
2 tablespoons melted butter

Add soda to the sour milk. Cream the sugar and butter. Add the egg and beat well. Add the dry ingredients alternately with the sour milk. Cook in a large cake pan or in individual muffin tins at 425° F. for 20 minutes. B. McLane

Brown Bread
Prize Recipe

1 cup corn meal
1 cup flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 cup graham or whole wheat flour
¾ cup molasses
2 cups buttermilk or sour milk

Add corn meal to sifted flour, salt, soda and baking powder. Add graham flour without sifting, molasses and buttermilk and beat thoroughly. Fill a thoroughly greased coffee can a little more than half full. Cover tightly and steam for three hours. Take cover off and set in oven for 5 minutes to dry. Mrs. Thomas Fitzgerald

Brown Bread No. 2

2 cups sour milk
½ cup molasses
½ cup sugar
1 teaspoon salt
2 teaspoons soda
1 cup corn meal
1 cup graham flour
½ cup wheat flour

Steam 3 hours. Do not remove cover or it will fall. Fill coffee can ½ full in order to steam. After steaming process is completed, remove to the oven to dry out. Cora L. Morron

Brown Bread No. 3

2 cups thick sour milk
1 cup Vermont maple syrup or ½ cup sugar and ¼ cup molasses
½ teaspoon salt
1 teaspoon soda
1 cup corn meal
2 cups graham flour

Add soda to the sour milk. Add the salt and the dry ingredients. Place in coffee cans ½ full and steam 2½ hours. After steaming process is completed remove covers and place in oven to dry out for 5 minutes.

Marion Morse Moulton

Brown Bread No. 4

1 cup corn meal
1 cup oatmeal
1 cup flour
½ cup molasses
1½ cups sour milk
1 teaspoon salt
1½ teaspoons soda

Mix in the order given. Steam 3 hours in coffee cans. Fill ½ full. Remove from steamer. Remove top of can. Place in a hot oven to dry out for about 5 minutes. Mrs. Harold Carleton

Nut Bread

1 egg
1 cup brown sugar
1 cup sour milk
1 teaspoon vanilla
2 cups flour
1 teaspoon baking powder
1 teaspoon soda
½ teaspoon salt
½ cup raisins
½ cup nut meats

Beat egg. Add sugar. Beat well. Add milk and vanilla. Sift dry ingredients. Add to the egg mixture with raisins and nuts. Bake in a loaf pan well greased in a moderate oven about 1 hour at 375° F.

Mrs. T. E. Flynn

Dark Bread

Myrtie Turner's Basic Recipe

1 cup pastry flour (white)
1 teaspoon salt
1 teaspoon soda
½ cup sugar or maple sugar or honey
2 cups dark flour
2 cups sour milk

Any dark flour may be used. Rye, wheat, oatmeal, corn meal. Corn meal using maple sugar. Whole wheat, molasses instead of sugar. Raisins, nuts and dates may be added according to taste.

Combine the ingredients by adding the soda to the sour milk, and mixing with the dry ingredients. Bake in loaf pan about ¾ hour in a 375° F. oven.

M. T. Perrin

Devil's Food

1 large cup flour
1 teaspoon soda
2 teaspoons cream tartar
1 cup sugar
Shortening size of an egg
¼ cup flour
¼ cup cocoa
1 egg yoke
½ cup hot water
½ cup sour milk
½ teaspoon vanilla

Put soda in sour milk. Beat the egg yoke, add ½ cup hot water. Cream the shortening and sugar, and add the egg and hot water, sour milk and the dry ingredients sifted together. Last of all add the vanilla. Bake either in layer cake tins or in loaf tins at 375° F. for 40 minutes.

Mrs. Arthur Smith

Surprise Cakes

1 tablespoon butter
1½ squares chocolate
1 cup sour milk
1 teaspoon vanilla
1½ cups flour
¾ cup sugar
1 teaspoon salt
1 teaspoon soda
1 beaten egg

Melt butter and chocolate, add sour milk and vanilla. Sift well the flour, sugar, salt and soda. Add to the melted chocolate, then add one beaten egg. Bake 20 minutes in cup cake tins. When cool, cut off tops of the cakes, fill with sweetened whipped cream. Place the tops back on and frost with any desired frosting.

Mrs. H. Leslie Frost

Chocolate Cake

1 cup sugar
1/3 cup shortening
1 teaspoon vanilla
1 egg
1 cup sour milk
½ cup cocoa
1½ cups pastry flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon vanilla

Cream sugar and shortening. Add vanilla. Add 1 egg beaten. Mix and sift dry ingredients, and add alternately with the sour milk. Bake in layer cake tins at 370° F. for 20 minutes. May be frosted for layer cake or served with chocolate sauce or whipped cream, or lemon sauce, or may be served hot with ice cream.

M. T. Perrin

Spice Layer Cake

1 cup sugar
4 tablespoons molasses
4 tablespoons melted butter
1 egg
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon cloves
¼ teaspoon nutmeg
1 cup sour milk
2 cups flour
1 teaspoon soda
1 teaspoon baking powder

Add the soda to the sour milk. Mix and sift the dry ingredients. Beat the sugar, molasses, butter and egg thoroughly and add milk and dry ingredients alternately. Bake in two good sized layers at 375° F. for about 35 minutes.

Mrs. Maurice Wheeler

Spiced Cup Cakes

1 cup sugar
1/3 cup shortening
1 cup sour milk
1 egg
1¾ cups flour
1 teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon allspice
½ teaspoon cloves

Cream the sugar and shortening. Add sour milk to which the soda has been added. Add beaten egg, and the dry ingredients sifted together. Raisins and nuts may be added as desired. Fill greased cup cake tins one-half full, and bake in a 375° F. oven 20 minutes.

Mrs. A. J. Wimmett

Meringue Spice Cake

1 1/3 cups cake flour
¼ teaspoon salt
½ teaspoon baking powder
½ teaspoon soda
½ teaspoon cloves
½ teaspoon cinnamon
½ cup butter or other shortening
1 cup brown sugar
1 egg and 1 egg yolk
½ cup sour milk
¼ cup chopped nuts

Sift together flour, salt, soda, baking powder and spices. Cream butter and add brown sugar. Beat well. Add eggs. Beat well. Add the sifted dry ingredients alternately with the milk. Pour batter into greased cake pan and top with meringue.

Meringue

1 egg white
½ cup brown sugar

Beat egg white until it stands in peaks. Add the brown sugar. Spread on cake just before placing in oven. This may be sprinkled with ¼ cup of broken nut meats. Bake 35 minutes at 350° F.

Mrs. Glenn E. Perry

Banana Cake

½ cup shortening
1 cup sugar
1 egg
¼ cup sour milk
3 ripe bananas crushed
2 cups flour
¼ teaspoon salt
1 teaspoon soda
1 teaspoon vanilla

Cream the shortening and sugar. Add egg and beat well. Pour the sour milk over the ripe bananas. Allow to stand while mixing the rest of the cake. Mix and sift the dry ingredients and add to the shortening, sugar and egg mixture. Add 1 teaspoon vanilla and the sour milk and bananas last. Bake in either layer or tube pan at 350° F. until done.

Mrs. Alfred Chickering

Orange-Raisin Cake

½ cup shortening
½ cup sugar
2 eggs
½ cup sour milk
1 teaspoon soda
¼ teaspoon salt
2 cups flour
1 orange
1 cup raisins

Mix in the order given and put orange and raisins through the food chopper, and add last. Bake in a tube pan at 350° F. until done.

Mrs. Alfred Chickering

Fudge Cake

1¾ cups flour
1 cup sugar
1/3 cup cocoa
¼ teaspoon salt
1 teaspoon soda
1/3 cup butter
1 egg
1 cup sour milk

Melt the butter, add the beaten egg, and the cup of sour milk. Beat with the egg beater or electric mixer. Add to the dry ingredients, flour, sugar, cocoa, salt, soda, sifted together three times. Bake in cake tins at 350° F. about 25 minutes.

Mrs. L. P. Clough

Grandmother's Cake

1 egg
1 cup sugar
½ cup butter
1 cup sour milk
1 teaspoon soda
½ cup fruit (raisins, dates, currants, etc.)
Allspice and cinnamon to taste
Flour to make a medium batter

Cream butter and sugar together. Add egg, beat thoroughly. Add soda to sour milk and alternate with the flour. Add spice and fruit last. Bake in a loaf tin at 375° F. 40 minutes.

Mrs. Jay McClure

Never Fail Chocolate Cake

1 egg
½ cup cocoa
½ cup shortening
1½ cups flour
½ cup sour milk
1 teaspoon vanilla
1 teaspoon soda
¼ teaspoon salt
1½ cups sugar
½ cup boiling water

Place in a bowl in the order given. Do not mix until the last item is added, then beat well. The batter will be thin. Bake in a square tin in a moderate oven at 375° F. 20 minutes.

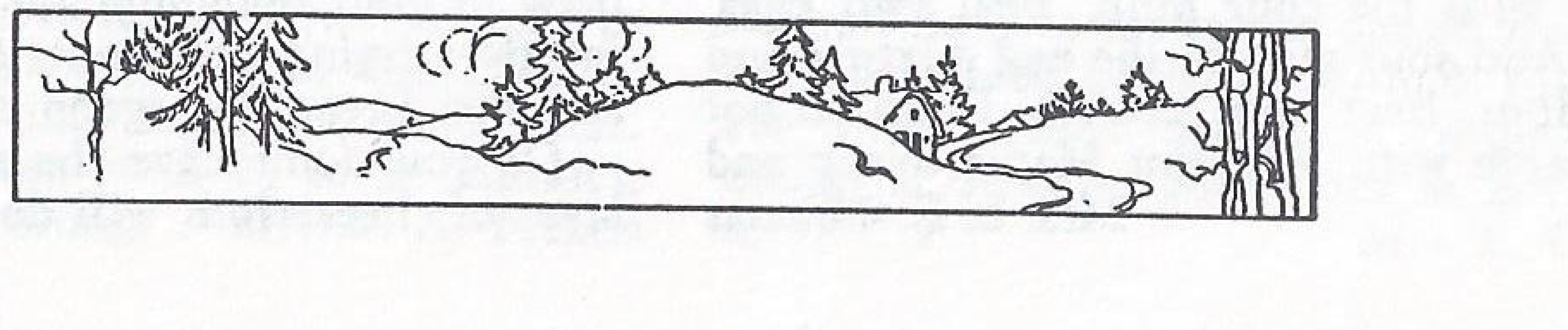
Mrs. R. G. Stevens

Sour Milk Spice Raisin Cake

½ cup butter or other shortening
1 cup sugar
1 cup sour milk
1 teaspoon soda
2 cups flour (pastry)
Pinch of salt
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon ground cloves
1 cup chopped raisins

Cream the shortening and sugar. Add the soda to the sour milk. Mix and sift the dry ingredients. Add alternately to the first mixture. This may be baked as cup cakes or in layers or loaf tins. As a layer cake bake at 375° F. for 25 minutes.

Elsie Crockett



Honey Chocolate Cookies

¾ cup honey
½ cup lard
1 egg well beaten
2/3 cup sour milk
2½ cups flour
¾ teaspoon salt
1 teaspoon soda
3 rounded tablespoons cocoa
1 teaspoon vanilla

Mix the lard and the honey well. Add the beaten egg and the sour milk with the first mixture. Mix and sift the dry ingredients three times and add to the first mixture. Add the vanilla. Drop by teaspoonsful on cookie pans. Bake in a 375° F. oven 10 to 12 minutes.

Mrs. Carlyle Gabaree

Filled Cookies

1 cup sugar
1 cup butter or other shortening
½ cup sour milk
1 teaspoon soda
3½ cups flour
1 teaspoon salt

Cream butter and sugar. Add sour milk to which the soda has been added. Add the flour. Add salt. Place in the refrigerator for the batter to cool. When cold enough to handle roll out and cut in rounds. Place a teaspoonful of filling on one round and cover with another one. Filling made from

1 cup chopped raisins
½ cup sugar
½ cup water
1 teaspoon flour

Heat the sugar, water, raisins and flour over the fire until the mixture has thickened. Cool. Bake the cookies at 400° F. for 12 to 15 minutes.

Elsie A. Crockett

Raisin Cookies

1 cup sugar
1 egg
½ cup sour milk
1 teaspoon soda
½ cup shortening
2 cups flour
1 cup raisins
1 teaspoon cinnamon (optional)

Combine the sugar and shortening. Add egg and beat well. Add soda to sour milk and alternate with the flour. Add raisins last. Drop from spoon onto greased cookie pan. Bake at 350° F. for 12 to 15 minutes. Mrs. Edith Bogue

Pancakes or Griddle Cakes

2 cups thick sour milk
2 teaspoons baking soda
1 teaspoon salt
2 cups or possibly a little more, flour

Mix soda with the sour milk. Beat two eggs. Add salt. Add sour milk to the egg mixture and then the flour. Beat until smooth. Drop on hot griddle. Serve with Vermont Maple Syrup and butter. Mrs. L. E. Thomas

Fritters

1 egg
1 cup sour milk
½ teaspoon soda
Pinch of salt
About 2 cups of flour for a stiff batter

Beat the egg well. Add the soda and sour milk which have been combined. Add salt and the flour. Prepare your hot fat kettle, and drop spoonful of the batter into the hot fat. To prevent batter from sticking to the spoon dip the spoon in the hot fat each time before dipping more batter. Serve with maple syrup.

Mrs. H. A. Foster

Doughnuts Using Sour Milk

2/3 cup sugar
1 egg
½ teaspoon salt
¼ teaspoon ginger
2/3 teaspoon soda
1 teaspoon vanilla
2/3 cup thick sour milk
1 teaspoon baking powder

Add enough flour to make as soft as can be handled. Mix in the order given, and roll out and cut with a doughnut cutter. Fry in hot fat.

M. M. Moulton

Doughnuts No. 2

1 cup sugar
2 eggs
1 tablespoon sour cream or butter
1 teaspoon nutmeg
1 teaspoon soda
1 cup sour milk or buttermilk
1 teaspoon salt
3 tablespoons melted lard
Flour* to mix as soft a batter as can be handled

Beat eggs and add the cup of sugar and the tablespoonful of sour cream. One teaspoonful of nutmeg. Add the soda to the sour milk, salt and melted lard. Add flour. Fry in hot fat.

Annie Sowles

*The amount of sour milk in the above doughnut recipes would probably call for 2 to 2½ cups of flour.

Molasses Doughnuts

2 eggs
½ cup sugar
½ cup molasses
1 cup sour milk
1 large teaspoon soda
1 teaspoon baking powder
1 tablespoon butter
½ teaspoon ginger
½ teaspoon cinnamon
Flour to mix as thick as can be handled

Beat the eggs well. Add sugar and molasses. Add soda to sour milk and add to the first mixture. Add baking powder, butter, ginger, cinnamon and flour. Roll out on a floured board, and cut with a doughnut cutter. Fry in hot fat.

"I always have a dish of boiling water set next to my hot fat and when I take out a doughnut, dip it quickly through the boiling water, then wipe my fork before taking out another doughnut and when all are done set the dish of hot water away to cool, and put the fat back in your doughnut fat. I always strain my fat after frying doughnuts through a milk filter and that keeps it in good condition."

(If you don't have the milk filter, a double layer of cheesecloth will do.) Mary Thwing

MAPLE SYRUP

Vermonters all over the world are apt to gather together for a "Sugaring Off" Party. If you have never attended one you've truly missed something. This is what you would have for refreshments. Sugar on Snow. Sour Pickles. Raised Doughnuts. Coffee.

Sugar on Snow

Boil maple syrup until it spins a thread. Pour in a tiny stream over hard packed fresh snow. The snow is arranged either in soup dishes or in one very large bowl for every one to dip into.

The pickles are served so that you can eat more sugar. If snow isn't available crushed ice will do.

Maple Syrup Cake I

½ cup shortening
½ cup white sugar
2 eggs (beaten light)
1 cup maple syrup
¼ cup water
2½ cups cake flour
¼ teaspoon soda
2 teaspoons baking powder
½ teaspoon ginger

Cream the shortening, gradually add sugar. Add the eggs beaten without separating the white and yolks. Add maple syrup, then the flour which has been sifted, measured and sifted again with the ginger, soda and baking powder added. Bake in a tube loaf pan about 50 minutes at 325° F. Cover with maple icing and decorate with halves of walnuts.

Mrs. J. F. Christie

Maple Syrup Cake II

½ cup shortening
½ cup sugar
½ cup maple syrup
1 teaspoon vanilla
2 eggs, well beaten
1¾ cups cake flour
1 teaspoon salt
2½ teaspoons baking powder
¼ cup milk
½ cup nuts (butternuts preferred in Vermont)

Cream shortening, add sugar gradually and cream well together. Add maple syrup a small amount at a time, beating well after each addition, add vanilla. Add well beaten eggs and beat the mixture vigorously. Sift flour, salt and baking powder together and add to first mixture alternately with the milk. Mix just enough to blend flour after each addition of flour. Stir in nut meats and pour into 2 greased 8-inch pans. Cook in 375° F. oven from 25 to 30 minutes. Frost with maple frosting. Mrs. L. A. French

Maple Sponge Cake

4 eggs
¼ teaspoon salt
¾ cup maple syrup
1 cup sifted cake flour
½ teaspoon baking powder
½ teaspoon vanilla

Separate yolks from whites of eggs and beat separately. Heat syrup to boiling point, slowly pour on whites, beating constantly,, fold in yokes, vanilla, salt, flour and baking powder. Bake in tube pan at 325° F. for 50 minutes.

Mrs. A. H. Gilchrist

Maple Syrup Icing I

1 cup maple syrup
2 egg whites
Pinch salt
1 teaspoon vanilla

Cook syrup until it forms a firm but not hard ball when tested in cold water. Let stand off stove while you beat the whites with pinch of salt until stiff but not dry. Add syrup in a fine stream, beating constantly with rotary or electric beater. Continue to beat until frosting holds its shape. Add vanilla and frost.

Stella De Wispelaer

Maple Syrup Icing II

1 pint maple syrup, boil until threads, add to 1 egg white, beaten stiff (2 egg whites may be used). Frost. Anne Waite

Maple Syrup Icing III

1½ cups maple syrup
¼ cup milk, or thin cream
¼ cup butter

Boil 2 minutes hard. Cool and beat until right to spread without running.

Mrs. R. G. Stevens

Maple Syrup Doughnuts

1 cup maple syrup
2 eggs
3 tablespoons shortening
½ teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
½ teaspoon nutmeg
1 teaspoon vanilla
2/3 cup sour milk
Flour to make a workable dough

Mix all ingredients in order stated. Add only enough flour to make the dough workable. Pat out on floured board to ½-inch thickness and cut with floured doughnut cutter. Fry until dough is done on both sides in hot fat heated to 370° F. Mrs. L. C. Struthers

Oatmeal Maple Syrup Drop Cookies

½ cup shortening
1 cup maple syrup
1 egg, beaten
1 teaspoon salt
¼ cup sweet milk
2 teaspoons baking powder
1½ cups flour, sifted
1½ cups oatmeal
½ cup nut meats
½ cup seedless raisins

Beat until fluffy, shortening, maple syrup, add egg. Sift together flour, salt, baking powder. Add to first mixture alternately with milk. Stir well. Add raisins and nuts. Drop by spoonful on greased cookie sheet. Bake at 375° F. about 15 minutes. Mrs. Walter Sweet

Maple Butternut Pie

2 cups milk
4 tablespoons flour
½ cup maple syrup
½ teaspoon salt
2 egg yolks
½ to 1 cup butternut meats

Scald milk. Mix beaten egg yolks with syrup, flour and salt. Add to hot milk and cook until thick in double boiler. Remove from fire. Add crushed nuts that have been heated slightly in oven. Fill baked pie shell and cover with meringue. Brown in oven.

Nuts may be chopped and added to pie crust before baking. Mrs. Carlyle Gabaree

Baked Indian Pudding

4½ cups milk
6 tablespoons corn meal
1 egg
3 tablespoons all purpose flour
½ cup granulated sugar
½ cup maple syrup
2 tablespoons butter
½ teaspoon salt

Scald 2 cups milk. Mix corn meal and flour with ½ cup cold milk. Add to the scalded milk and cook, stirring constantly until mixture thickens. Break egg into bowl and beat slightly, add sugar, maple syrup, salt, 1 cup cold milk. Add this to the first mixture and put in a large pudding dish. With another cup cold milk, rinse out all bowls used, adding the milk to the pudding. Dot over with butter and bake in a slow oven at 300° F. from 1¾ to 2 hours or until firm. Sweet apples sliced or pears are a great addition to the pudding. Serve hot or cold with cream. Louisa Morrison

Mrs. Scott's Brown Bread

The special of a super cook, long since dead

½ cup maple syrup
1 cup sour milk
1 cup corn meal
2 cups graham flour
1 teaspoon salt (scant)
1 teaspoon soda
Sweet milk enough to make a thin batter

Bake in two loaf tins in a medium oven at 375° F. for 1 hour. Mrs. Roy S. Howard

Vermont Baked Beans

2 cups yellow-eye beans
½ teaspoon soda
½ pound salt pork, with rind
2 teaspoons salt
¼ teaspoon powdered mustard
½ cup maple syrup
Boiling water

Wash and pick over beans. Soak all night in water to cover. In the morning boil in salted water until tender about 20 minutes. During last few minutes of cooking add soda. Drain. Score pork and place half of the pork in bottom of bean pot rind down. Cover with beans, add mustard and syrup. Place remaining pork, rind up, on top and fill pot to top with boiling water. Bake in slow oven at 325° F. for 6 hours with cover on. Remove cover and put back 1 hour more to brown beans and pork. Serves 6 to 8 generously. Mrs. L. C. Struthers

Graham Bread

1 teaspoon soda
1 teaspoon salt
2/3 cup maple syrup
1½ cups sour milk
3½ cups graham flour
½ cup wheat flour
1 cup walnuts

Combine soda and milk. Sift together dry ingredients, combine adding walnuts last. Bake 1¼ hours in 375° F. oven.

Mildred C. Robinson

Maple Walnut Raised Rolls

1 cup scalded milk
2 tablespoons shortening, melted in milk
1 tablespoon sugar
½ teaspoon salt
1 yeast cake
2½ cups flour

Raise about an hour, or until light. Roll out about ½ inch thick and sprinkle with broken walnuts and a very little maple syrup. Roll up and cut off in 1-inch slices. Place in muffin tins, each one containing a tablespoon of maple syrup and a few nuts. Allow to rise and bake 15 to 20 minutes in about 400° oven.

Mrs. W. H. Savery

Maple Syrup Sauce

for puddings or hot cakes

2 cups maple syrup
2 teaspoons corn starch
Nutmeg to taste

Boil syrup and stir in corn starch.

Mrs. R. G. Perry

Maple Divinity Fudge No. 1

2 cups white sugar
2 cups maple syrup
2 egg whites
1 cup raisins
1 cup nuts, chopped

Boil sugar and syrup until it hairs (threads). Then pour over the stiffly beaten egg whites. Beat. Add nuts and raisins. Turn into pan to cool and cut in squares.

Mrs. A. M. Willard

Maple Divinity Fudge No. 2

1 cup sugar
1 egg white
½ cup water
½ teaspoon vanilla
½ cup maple syrup
¼ cup chopped nuts

Mix sugar, syrup and water together and boil to the hard ball stage. Remove, add vanilla and pour hot syrup over stiffly beaten egg white. Add nuts. Beat until stiff enough to hold shape and drop from teaspoon on wax paper.

Mrs. W. H. Savery

Maple Baked Peaches

4 large peaches
½ cup maple syrup

Peel and cut in half peaches. Place in glass baking dish, add syrup. Bake in 350° F. oven until tender. Serve hot or cold with plain or whipped cream. Mrs. A. H. Gilchrist

Maple Cottage Pudding

1 cup maple syrup
1 tablespoon shortening
3 tablespoons sugar
1 egg
½ cup milk
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt

Bring syrup to boiling point and pour into baking dish. Cream shortening and sugar. Add well beaten egg, milk and flour mixed and sifted with baking powder and salt. Pour batter over syrup. Bake in 400° F. oven about 25 minutes or until well browned. Belle S. McLane

Maple Charlotte

2 cups milk
2 eggs
2 tablespoons plain gelatine
½ cup milk (additional)
⅛ teaspoon salt
1 cup maple syrup
½ cup chopped nuts
1 teaspoon vanilla

Heat 2 cups milk in double boiler and pour slowly over beaten egg yolks. Return to double boiler and cook 5 minutes. Add gelatine which has been softened for 5 minutes in ½ cup cold milk. Remove from heat, add salt and maple syrup. Let cool. When beginning to set, add nuts, 1 teaspoon vanilla and stiffly beaten egg whites. Serves 8. Mrs. A. H. Gilchrist

Cracker Pie

4 common crackers rolled fine (¾ cup)
1 cup water
1 cup maple molasses (syrup)
½ cup white sugar
½ cup butter
½ cup vinegar
Raisins, all kinds of spices to taste

Cook a few minutes in sauce pan and bake between two crusts. Makes two pies. Bake in 400° F. oven for 10 minutes, reduce heat to 350° F. for 20 to 30 minutes. Edna M. Perkins

Apple Roll

Make rich baking powder biscuits using
3 cups flour
6 teaspoons baking powder
6 tablespoons shortening (lard)
Milk, enough to form biscuit batter, roll thin, cover with sliced tart apples, roll like jelly roll and slice

Into a tin (good sized baking dish) put
2 cups maple syrup
2 cups hot water
1 tablespoon butter

Bring this to boil in hot (400° F.) oven. Put slices in this. Bake until brown and serve in cereal dishes with its own sauce poured over it.

M. T. Perrin

Banana Pudding

Bananas, sliced, 1 for each person
½ cup maple syrup
1 tablespoon cream
1½ tablespoons butter

Mix syrup, cream and butter and cook slowly for about 10 minutes. Pour while hot over bananas. Top with whipped cream and serve at once. Mrs. Walter Swett

Maple Mousse

1 cup maple syrup
1 egg
2 cups cream, whipped

Bring syrup to a boil. Beat the egg and pour a little hot syrup into egg and then return the mixture to the stove and cook. It will thicken a little. Cool and add whipped cream. Pack in ice and salt and stir occasionally. Allow at least 3 hours for freezing. Mrs. Alfred Chickering

Maple Walnut Cream

2 eggs
4 tablespoons powdered sugar
1 cup milk
1 cup chopped walnut meats
1 cup maple syrup
1 cup cream
¼ teaspoon salt

Combine well beaten egg yolks, powdered sugar, maple syrup and milk. Add salt to egg whites and beat until stiff. Add whipped cream to first mixture then add nut meats. Fold in the stiffly beaten egg whites and pour mixture into freezing tray. Stir cream several times at half hour intervals while freezing. Mrs. J. A. Cadwell

Bridge Triumph

¼ cup peanut butter
½ cup maple syrup
1½ cups thick cream

Stir peanut butter and maple syrup together until of smooth consistency. Add cream and pour into freezing tray, stirring once during freezing. Miss Mary Keswick

MAPLE SUGAR RECIPES

Maple Sugar (the kind you "scrape from a pail") has a flavor all its own. It is delicious spread on toast or hot rolls and makes a fine snack for the hungry youngsters after school. Vermonters have almost always kept a supply on hand and these are their recipes.

Maple Sugar Cake I

2 eggs
1 cup maple sugar
½ cup butter
¾ cup sweet milk
1 teaspoon vanilla
2 cups flour sifted
2½ teaspoons baking powder

Cream the butter and sugar, add the well beaten eggs. Take 1½ cups of the flour and add to the above mixture, alternately with the milk. Add vanilla. To the remaining ½ cup flour, add the baking powder. Stir this in last and mix all with an electric mixer. Bake at 375° F. for 30 to 40 minutes.
Anne Waite

Maple Sugar Cake II

½ cup butter or substitute
1 cup maple sugar
3 eggs
¾ cup milk
1 cup chopped butternuts or walnuts
2½ teaspoons baking powder
1/3 teaspoon salt
1 teaspoon vanilla
½ teaspoon nutmeg
2½ cups flour

Cream butter and sugar, add well beaten eggs and milk, sift dry ingredients, add and bake in loaf about 40 minutes in 375° F. oven.
Mrs. W. H. Pierce

Maple Sugar Pie

There are many and varied ways of making this. We will give you a selection from which to choose.

Maple Sugar Pie I

1 large cup maple sugar
½ cup butter
1 egg, beaten lightly
1 cup sweet cream

Combine sugar and butter, add egg and last cream. Fill pie and bake like custard.
Mrs. Henry Cormier

Maple Sugar Pie II

2 cups milk
2/3 cup maple sugar
1 egg yolk
2 tablespoons corn starch

Cook in double boiler 5 minutes. When cool flavor with vanilla. Turn into baked shell, frost and brown. Frost means cover with meringue made from egg white beaten stiff, add 1 tablespoon sugar and 10 drops vanilla.
Mrs. A. M. Willard

Maple Sugar Pie III

1 cup maple sugar
1 egg
½ cup cream
Butter, size of a walnut
Speck of black pepper
1 tablespoon flour

Cream butter and sugar, add egg and beat well flour, pepper and cream. Pour into unbaked pie shell, use two crusts. Bake at 450° F. until shell is set, about 10 minutes, then reduce to 325° F.
Mrs. Clayton McLaughlin

Maple Sugar Pie IV

1 heaping cup maple sugar
2 egg yolks
1 tablespoon flour
Butter, size of a walnut
1 cup milk

Cook in double boiler, combine sugar and butter, add egg yolks and last milk, put in baked pie shell and frost (See No. 1) with the egg whites or whipped cream.
Annie Sowles Rockwell

Maple Biscuits

They are good

Don't forget chicken fat may be used instead of other shortening, measure scant.

Maple Kisses

2 cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
5 tablespoons shortening
2/3 cup milk (about)

Sift flour with baking powder and salt. Cut in shortening until mixture is as fine as corn meal. Add milk, mixing until a soft dough is formed. Knead lightly on floured board for about 20 seconds. Roll to about ¼-inch thickness and spread well with soft butter. Now spread one-half of the dough very generously with maple sugar which has been scraped from pail. Fold the other half of buttered dough over the sugared half. Cut in 1-inch squares and place tightly together in buttered baking pan. Bake quickly in oven at 450° F. for 15 minutes.
Mrs. R. C. McFarlin

Maple Sugar Cookies

2 cups flour
½ teaspoon salt
2 teaspoons baking powder
3 level teaspoons butter
1 egg
2/3 cup milk
¾ cup maple sugar
½ teaspoon cinnamon

Mix dough, roll about ½-inch thick, spread with sugar and cinnamon and roll like jelly roll. Slice ¾-inch slices, lay cut side down and bake about 20 minutes in hot oven at about 425° F. A richer product may be had by spreading dough with soft butter before spreading sugar. Cinnamon may be omitted.
Mrs. W. H. Pierce

Maple Sugar Cookies

(See also Sour Cream Recipes)

1 cup maple sugar
3½ cups flour
1 teaspoon baking powder
½ cup butter
2 eggs
¼ teaspoon salt

Cream sugar and butter, add eggs, beat well, add dry ingredients. Roll, chill and slice. Bake in 350° F. oven about 10 to 12 minutes.
Mrs. R. G. Perry

Butterscotch Squares

¼ cup butter (must use butter)
1 cup maple sugar
1 egg
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla
½ cup nut meats

Cream butter and sugar, add egg, flour and baking powder, salt and vanilla, nut meats last. Spread in ordinary sized cake pan. Bake at 350° F. Cut in squares while warm.
Mrs. Walter Swett

Oatmeal Drop Cookies

¼ cup shortening (chicken fat)
1 cup maple sugar
2 eggs
4 tablespoons milk (sweet)
2 cups rolled oats
1 cup raisins (put through food chopper)
1 cup nut meats
1 cup flour
1 teaspoon soda
¼ teaspoon salt
¼ teaspoon cloves, nutmeg and cinnamon

Combine in order given. Drop from a teaspoon and bake in moderate oven about 375° F. for 10 to 12 minutes.
Julia Capen

Maple Sugar Frosting I

1 large cup maple sugar

Put little water (about ¼ cup) on and cook like boiled frosting. Boil until it will wax (spin a thread) in water. Beat white of egg. Pour syrup on egg white slowly and beat until it will hold its shape.
Annie S. Rockwell

Maple Sugar Frosting II

Boil ½ cup white sugar, 1 cup maple sugar and a little cold water until it hairs (threads). Add ½ cup butter, ½ cup sweet cream. Boil 10 minutes and stir until cool.
Mrs. H. E. Cunningham

Maple Butternut Fudge

2 cups maple sugar
½ cup white sugar
½ cup cream
¾ cup butternut meats

Mix sugar and cream. Melt slowly, cook until soft ball is formed in cold water. Remove from fire and stir until cool. Add nuts and pour into buttered tin.
Mrs. A. M. Willard

Old-fashioned Sugar Pie

Maple sugar, enough to cover bottom of pie shell
Butter
Nutmeg
2/3 cup cream

Line a pie plate with pastry. Fill with dry maple sugar. Dot with butter and a little nutmeg. Pour over all the cream. Put strips of pastry over the top in a fancy way and bake in moderate (375° F.) oven until sugar is melted.
Edna M. Perkins

Maple Ice Cream

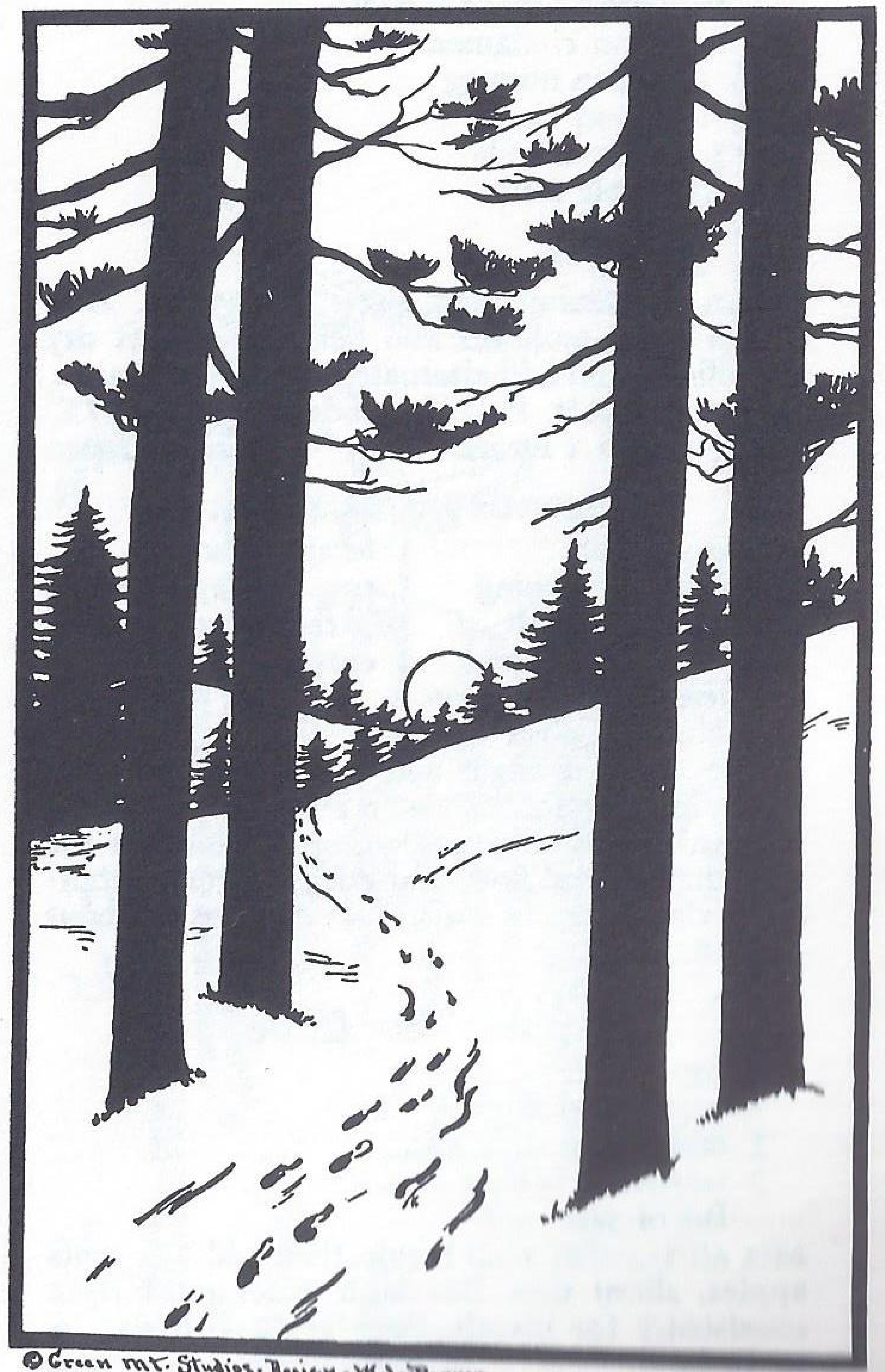
2 quarts milk
2 cups maple sugar
½ cup flour
4 eggs, well beaten
1 quart cream, whipped
1 cup maple sugar
2 tablespoons vanilla
1/3 teaspoon salt

Scald milk, add 2 cups maple sugar, flour and eggs. Cook 20 minutes. Cool. Add cream that is whipped, 1 cup maple sugar, vanilla and salt. Nuts may be added when partly frozen if desired. Pour into freezing trays. Makes 1 gallon.
Mrs. W. H. Pierce

Maple Apple Pie

1 bottom crust uncooked
4 apples
Maple sugar
Butter
2/3 cup cream

Pare, core apples, cut in quarters, arrange on the pie crust. Sprinkle generously with maple sugar and dot with butter, a little cinnamon may be added. Pour over the cream. Bake in 450° F. oven 10 minutes, reduce to 350° F. and bake until the apples are soft. Very good. 375° F. oven.
D.M.C.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CAKES

The country cooks use surprising ingredients sometimes in their "goodies." The first recipes in this section are the "queer" ones to you — many of the recipes are very old and have been passed down in families and are always used for special occasions.

Farm Fruit Cake (2 loaves)

(Using pork — pronounced "pok")

1 cup chopped pork (all fat)
1 cup boiling water
1 teaspoon soda
1 cup molasses
1 cup sugar
2 eggs
4 cups flour
1 teaspoon cloves
2 teaspoons cinnamon
1 cup raisins (or mixed fruit or dates)
1 cup nut meats
1½ teaspoon lemon or vanilla

Chop pork, cover with boiling water, add soda, molasses, sugar and beat well. Then add eggs, spices, fruit and nuts. Add flour a little at a time and beat each time. Will keep for a long time wrapped in wax paper and kept in jars. Bake at 350° F. about 1 hour. Julia Capen

Applesauce Cake No. 1

1/3 cup shortening
½ cup sugar
2 eggs
½ cup molasses
2 cups flour
3 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
1/3 teaspoon soda
1 cup apple sauce
½ cup raisins
½ cup nut meats

Cream shortening, add sugar, beat well. Add beaten eggs, molasses and beat again. Sift dry ingredients and add alternately with apple sauce, raisins and nuts. Bake in moderate oven (375° F.) for ¾ to 1 hour. Julia Capen

Applesauce Cake No. 2

1 cup sugar
½ cup shortening
½ teaspoon salt
½ teaspoon cloves
1 teaspoon cinnamon
Nutmeg, dash
1 teaspoon soda
1 cup sour apple sauce
1¾ cups flour
1 cup raisins

Cream together sugar and shortening, add salt and spices. Dissolve soda in a little warm water and stir into applesauce, letting it foam over the ingredients. Add flour and raisins. Beat all thoroughly and bake in loaf tin 45 minutes in about 375° F. oven.

D M.C.

Apple Tea Cake

2 cups sugar
2 cups bread flour
1 tablespoon shortening
2 teaspoons baking powder
Bit of salt

Mix all together with hands, then add 1½ pints apples, sliced thin. Stir with water until right consistency for biscuit. Bake at 425° F. for ½ to ¾ hour. Mrs. Edward Northrup

Cream Sponge Cake

2 eggs
1 cup sugar
1 cup bread flour
½ cup thick, sweet cream
1 teaspoon cream of tartar
½ teaspoon soda
½ teaspoon lemon extract

It is no use to attempt this without the thick cream for in that lies the "gist" (secret) of the rule. Separate eggs, beat yolks until lemon color, gradually add sugar, bread flour, mixed with cream of tartar and soda, alternate with cream. Add lemon extract and fold in whites. Bake in tube pan at 325° F. for an hour.

Mrs. F. C. Wardwell

Dried Apple Fruit Cake

3 cups dried apples
3 cups molasses
1 cup raisins
3 cups flour
1 cup butter
3 eggs
1 teaspoon salt
1 teaspoon soda

Soak apples over night in cold water enough to swell them. In the morning, chop and put on fire with molasses. Stew until soft, add raisins and stew a few minutes. When cold, add flour, butter, eggs, soda, salt and mix well. Spices can be added if desired. Bake in "steady" oven (350° F.) about an hour. Test with a straw and when it comes out clean, cake is baked. This makes two good-sized pans of splendid cake, the apples cook like citron and tastes deliciously.

Elizabeth McGill

Jelly Cake

2 eggs
1½ cups sugar
½ cup butter
¾ cup milk
2 heaping cups cake flour
1 teaspoon cream of tartar
½ teaspoon soda
1 teaspoon vanilla

Dissolve soda in milk. Cream butter and sugar and beaten eggs. Add mixed and sifted dry ingredients alternately with milk. Add vanilla. Place ½ recipe in greased tin. To the other ½ recipe add

1 teaspoon molasses
½ cup chopped raisins, or currants
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
Dash of nutmeg
1 tablespoon flour

Place this in second greased tin same size as first. Bake in moderate (375° F.) oven for about 20 minutes. While warm put jelly between layers. Mary Thwing

Wedding Cake I

1 cup butter
1 cup sugar
2 cups molasses
½ cup milk
½ cup cream
1 cup strawberry juice, from canned strawberries
4 eggs
4 cups flour
1 teaspoon soda
1 tablespoon cloves
1 tablespoon cinnamon
1 teaspoon nutmeg
2 packages raisins
1 package currants
2 pounds dates
¼ pound each orange, lemon peelings and citron
½ cup sweet cherries
½ pound figs

This is the process as given: Cut fruit in small pieces, put everything in bread mixer right down to the eggs. Take flour and spices and sift all together and put over fruit. Mix all in and turn the mixer for quite awhile until everything is mixed in good. Grease a large angel food pan and put in and steam 4 hours. Then bake in a moderate oven for 1 hour. This can be baked in a slow oven about 4 hours but steaming it is the best. Mrs. Lionel Cousins

Wedding Cake II

This was the Wedding Cake recipe of Fannie Palmer, who was quite a famous cook for years at the old Eagle Hotel in Woodstock, Vt., probably about 1860 to 1870.

2 pounds flour (1 quart equals 1 pound)
2 pounds sugar (1 quart equals 1 pound)
28 ounces butter
20 eggs
6 pounds raisins
6 pounds currants
2 pounds citron
2 wineglasses wine
2 wineglasses brandy
2 wineglasses milk
2 teaspoons soda
2 teaspoons molasses
2 teaspoons cinnamon
2 teaspoons cloves
2 teaspoons mace, or nutmeg

Cream butter and sugar. Add beaten eggs and mix. Sift dry ingredients. Combine with finely cut fruit, add to first mixture, add liquids. This may be steamed three hours and baked 1½ hours at 300° F. or baked 4 hours at 275° F.

Martha M. Hood

Vermont Tree Cake

½ cup butter
1 cup sugar
2 eggs
1 cup butternut meats ground through food chopper
½ cup milk
2 teaspoons baking powder
1½ cups flour

Cream butter, add sugar gradually and beat until creamy and smooth. Add beaten eggs and blend well. Add flour sifted with baking powder alternately with milk. Add nuts. Turn into two buttered and floured layer cake tins and bake in a moderate oven at 375° F. about 20 minutes.

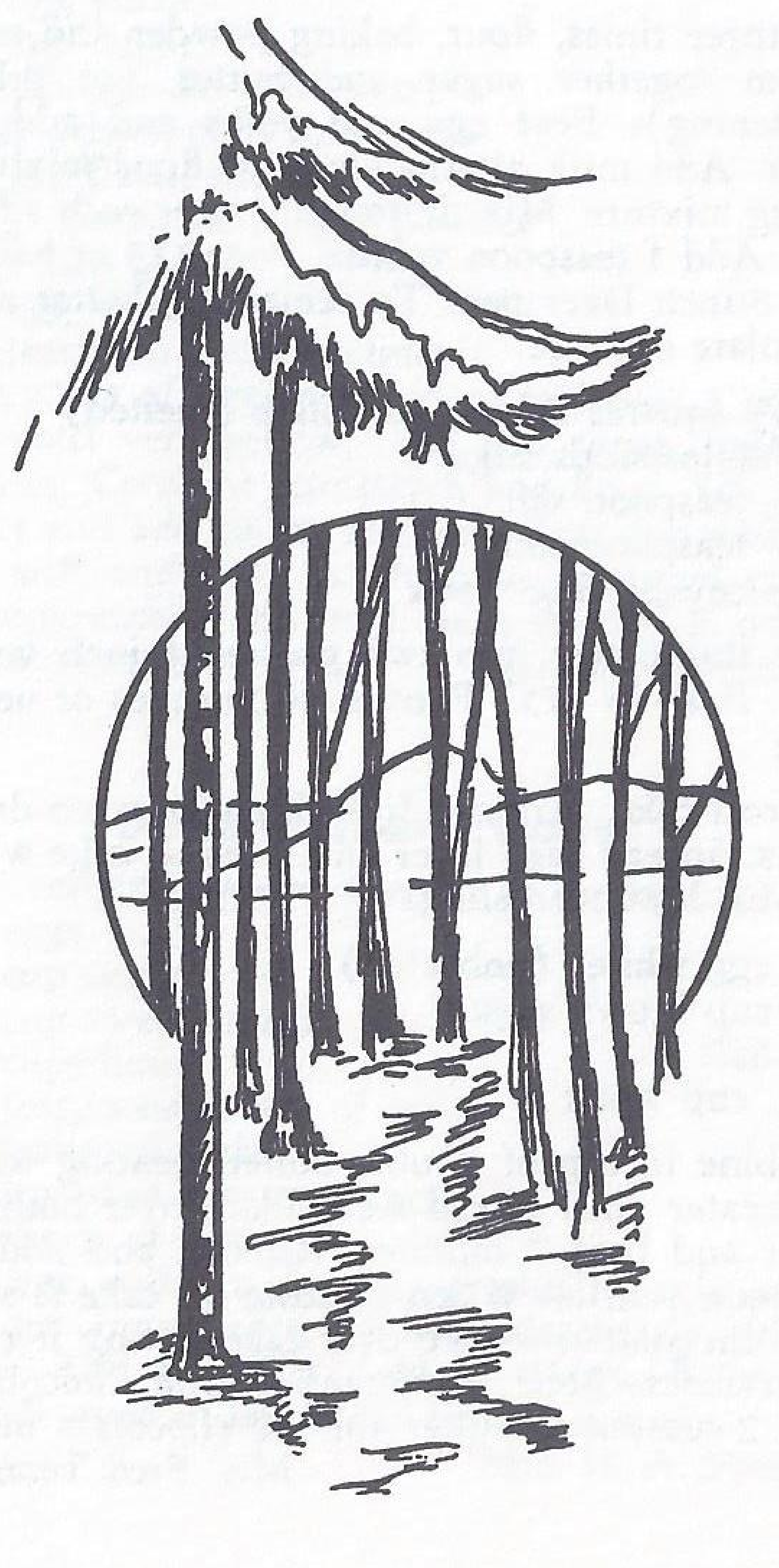
Mrs. Roy Hemingway

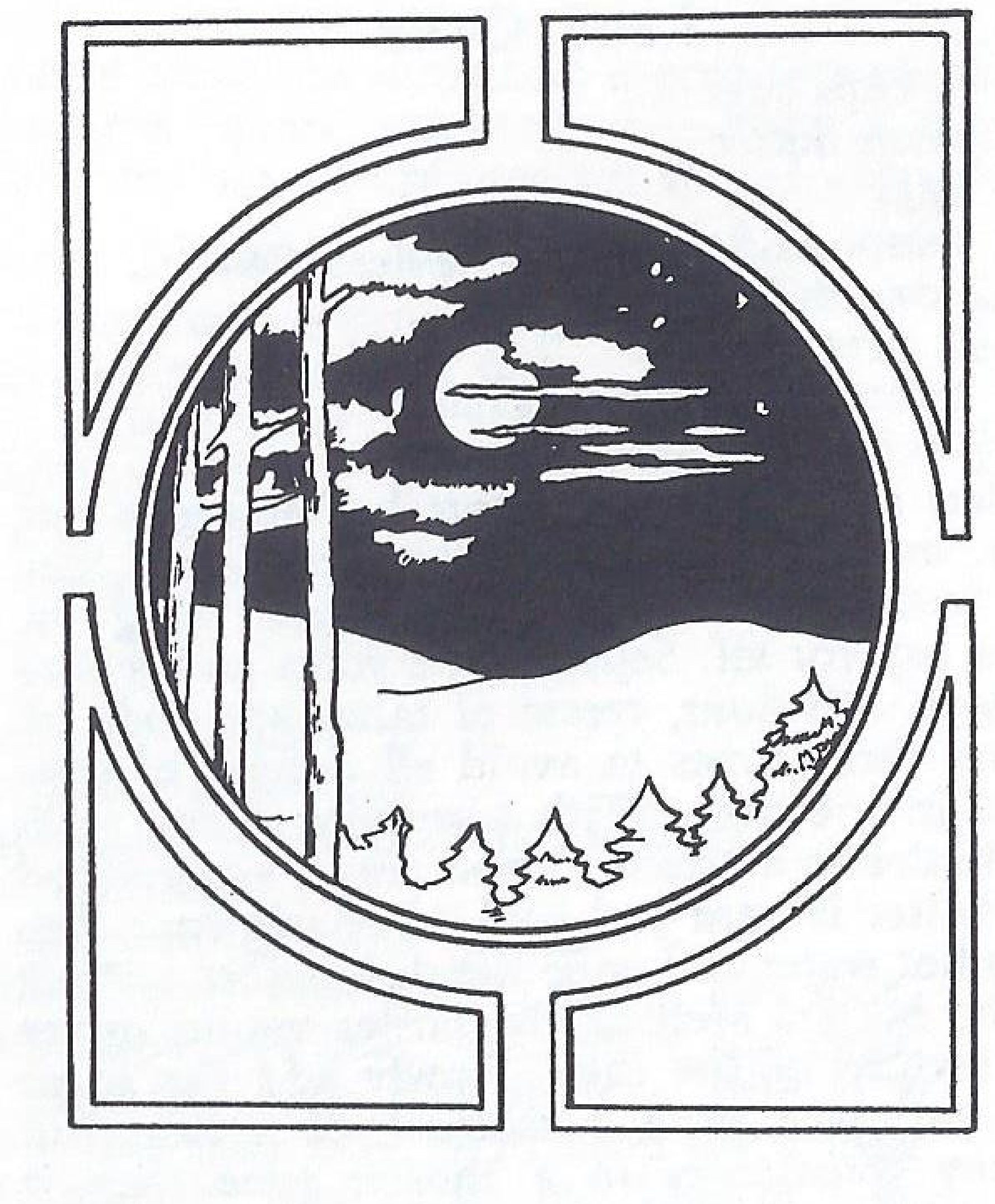
Loaf Cake

1½ cups sugar
¾ cup butter
3 eggs
1 teaspoon flavoring (lemon or vanilla)
¾ cup milk
2¼ cups flour
1 teaspoon cream of tartar
½ teaspoon soda

Collect all ingredients before beginning to mix cake, measuring the dry ingredients first, then the butter and last the milk, thus using the same cup for all. Separate the yolks and whites of eggs. Sift flour, cream of tartar and soda together three times to avoid all danger of soda spots in the cake. With a wooden spoon, beat the butter to a cream. If you are in a hurry and the butter is hard and cold, rinse out your dish with hot water and wipe the dish before putting in the butter. Melting the butter would injure the texture of the cake. Slowly add the sugar and you will have a mixture of a beautiful creamy consistency in a shorter time than if you tried to cream the butter and sugar together. Add the well beaten yolks of eggs and the flavoring, then add a little milk and flour alternately. Stir until perfectly smooth and add the well beaten whites of eggs. Bake in a brick-shaped pan until a straw thrust into the center of the cake can be drawn out clean and dry. Bake in a 350° F. oven from 40 to 50 minutes.

Mrs. L. C. Smith





Silhouette Cake

2 1/3 cups flour
2¼ teaspoons baking powder
¼ teaspoon salt
1 egg
2 egg yolks
1 cup sugar
1/3 cup butter
¾ cup milk

Sift three times, flour, baking powder and salt. Cream together sugar and butter (or other shortening). Beat egg and yolks and add to sugar. Add milk alternately with flour mixture to egg mixture. Mix thoroughly after each addition. Add 1 teaspoon vanilla. Pour 1/3 of batter into 8-inch layer pan. To remaining batter add chocolate mixture:

2½ squares baking chocolate (melted)
3 tablespoons sugar
¼ teaspoon salt
½ teaspoon soda
¼ cup boiling water

Pour this batter into two greased 8-inch layer pans. Bake in 375° F. oven 20 minutes or until done.

To frost cake: Arrange light layer between dark layers. Spread each layer and sides of cake with Harvest Moon Frosting:

2 egg whites (unbeaten)
1 cup brown sugar
Salt
¼ cup water

Combine in top of double boiler, beating with egg beater until mixed well. Place over boiling water and beat 7 minutes. Remove and add 1 teaspoon vanilla. When frosting on cake is set, pour chocolate mixture over cake letting it run down sides. Melt 2 squares baking chocolate with 2 teaspoons butter for the chocolate mixture.

Mrs. Fred Tenney

Eggless Chocolate Cake

1½ cups flour
¾ cup sugar
1 teaspoon soda
¼ teaspoon salt
1 cup milk
1½ squares chocolate
2 tablespoons shortening
1 teaspoon vanilla

Sift flour, sugar, soda and salt. Add milk and mix well. Melt chocolate with shortening. When cool stir into batter, then add vanilla. Mix well. Bake in layers or a square pan 25 to 30 minutes in 375° F. oven.

Mrs. F. E. Flynn

Shadow Cake

With Filling and Frosting

2 cups sifted flour
2 teaspoons baking powder
Pinch of salt
4 tablespoons butter
1 cup sugar
1 egg
¾ cup milk
1 teaspoon vanilla

Sift flour, add baking powder and salt and sift three times. Cream butter, adding sugar gradually, add egg and beat well. Add flour alternately with milk, beating after each addition, add vanilla. Bake in 8-inch tins in 375° F. oven about 25 minutes.

Filling:

1 cup brown sugar
1 cup thick sour cream

Cook together until it forms a soft ball in cold water. Stir until cool and spread between layers.

Frosting:

1 egg white, unbeaten
¾ cup sugar
⅛ teaspoon cream of tartar
2½ tablespoons water
1½ squares unsweetened chocolate, melted
½ teaspoon vanilla

Put egg white, sugar, cream of tartar and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beating constantly with beater and cook 7 minutes or until frosting stands in peaks. Remove from fire, fold in chocolate and vanilla. (Do not beat mixture.) Cool and spread on cake. Let stand for awhile and then cover over the chocolate frosting with the following:

1 cup sugar
¼ cup water
Pinch of cream of tartar
1 egg white

Cook together sugar, water, cream of tartar until it threads, or 238° on thermometer. Pour slowly over the egg white that is beaten stiff and spread over the chocolated frosting that by now has "set."

Anne Waite

Plain White Cake

(Made by some *real* cooks using only *one* egg)

1½ cups flour
1 cup sugar
1 teaspoon baking powder

Sift above together; put following in a cup and mix well:

1 egg
3 tablespoons butter

Fill cup with sweet milk. Put the dry and wet ingredients together and mix well. Add flavoring last. Bake in 375° F. oven 20 to 30 minutes.

Mrs. Clayton McLaughlin

Pineapple Coconut Cake

1 egg, place in standard cup and fill with top milk, beat and add:
1 cup sugar
1½ cups flour
1 teaspoon cream of tartar
½ teaspoon soda
½ teaspoon salt

Sift dry ingredients and bake in 400° F. oven 20 minutes in two 9-inch tins.

Filling:

1 cup sugar
1 lemon, juice and rind grated
4 tablespoons corn starch
1 tablespoon flour
2 whole eggs, or 4 egg yolks
2 cups hot water
Butter, size of an egg

Mix sugar, cornstarch and flour. Add water slowly mixing all the while. Cook over hot water 20 minutes stirring constantly until thick. Add eggs beaten and lemon juice and rind, also butter. When cool, add small can crushed pineapple, drained, ½ cup coconut. Put this between layers, on top and sides of cake. Let stand at least 5 hours before serving, which is the secret of the cake.

Mrs. J. W. Carver

Hot Milk Sponge Cake

1 cup cake flour, sifted
1 teaspoon baking powder
1 cup sugar
2 teaspoons lemon juice
3 eggs
6 tablespoons hot milk
1 teaspoon lemon extract
¼ teaspoon salt

Sift flour once, measure, add baking powder, salt and sift three or four times. It's a long job by hand, use electric mixer for better results. Beat 2 eggs and 1 yolk (reserving one egg white for frosting) until very light and lemon color, add sugar gradually, beating all the time, then add lemon juice, extract and last fold in flour and hot milk quickly, allow at least 10 to 15 minutes for beating before adding flour and milk. Turn into tube cake pan (ungreased) and bake in 350° F. oven for 35 minutes or until done. Remove from oven and invert until cold. This may be used in two 8x8½-inch layer cake pans, which are *lightly* greased and baked at the same temperature for 25 minutes.

Flora R. Gilmore

Sunshine Cake

First:

5 egg whites
¾ cup sugar
½ cup flour
1 small teaspoon cream of tartar
Pinch salt
1 teaspoon vanilla

Sift together flour, cream of tartar and salt. Set aside. Beat whites of eggs until stiff, add sugar by folding it in, then add flour mixture and vanilla, folding in carefully. Bake in one layer in 9-inch round cake pan in 350° F. oven for 12 to 15 minutes. Test before removing from oven.

Second:

5 egg yolks
1 cup sugar
1 1/3 cups flour
½ cup milk
1 teaspoon cream of tartar
½ teaspoon soda
1 teaspoon vanilla
Pinch salt

Sift together flour, cream of tartar, soda and salt and set aside. Beat well egg yolks, add sugar gradually, beat until well blended. Add flour mixture alternately with milk, last add vanilla. Bake in moderate oven at 350° F. 20 to 25 minutes or until done. Frost with white boiled frosting or confectioner's sugar frosting.

Mrs. Howard Bennett

Birthday Cake

4 egg yolks
1 cup sugar
3 tablespoons cold water
1½ tablespoons cornstarch
1 cup flour, sifted
1¼ teaspoons baking powder
Pinch of salt
4 egg whites
1 teaspoon lemon extract

Take yolks of eggs with water and beat 2 minutes until very yellow, then add sugar, beat 2 minutes. Combine cornstarch and flour. Sift together and add to the mixture. Beat egg whites very stiff and fold in. Bake in an angel cake tin (ungreased) and frost. Bake in 350° F. oven for 30 minutes.

Nora M. Bohonon

Sweet Cream Cake

(Excellent if you've run out of shortening)

2 eggs
1 cup sugar
1 cup sweet cream
2 cups flour
2 teaspoons cream of tartar
1 teaspoon soda
1 teaspoon lemon extract
Pinch of salt

Beat egg yolks, add sugar gradually, mix and sift dry ingredients, adding alternately with cream. Add flavoring, fold in whites. Bake in 375° F. oven in layer cake tins 20 minutes.

Mrs. H. A. Foster

Old-fashioned Chocolate Cake

1 cup sugar
½ cup cocoa
Shortening, size of walnut
½ cup milk
½ teaspoon salt
½ cup milk
1 teaspoon soda
¾ cup flour, sifted *six* times
1 teaspoon vanilla

Mix sugar, cocoa, shortening and ½ cup milk and set over heat until all dissolved. Remove from heat. Add ½ cup milk, salt, soda and last flour. Add vanilla. Bake ½ hour in 375° F. oven in loaf pan. Mrs. Florence Guyett

Jelly Roll

3 eggs, well beaten
1 cup sugar
1 cup flour
1 teaspoon cream of tartar
½ teaspoon soda (dissolved in 3 teaspoons water)

Bake in a long tin 12 minutes in 350° F. oven, turn onto a towel, spread with jelly while warm and roll. Wrap in towel until cool.

Mrs. Avis LaClair

Angel Cake

1 cup egg whites
1¼ cups sugar (sifted)
1 teaspoon cream of tartar
1 cup flour, sifted three times (pastry)
1 teaspoon vanilla
¼ teaspoon salt

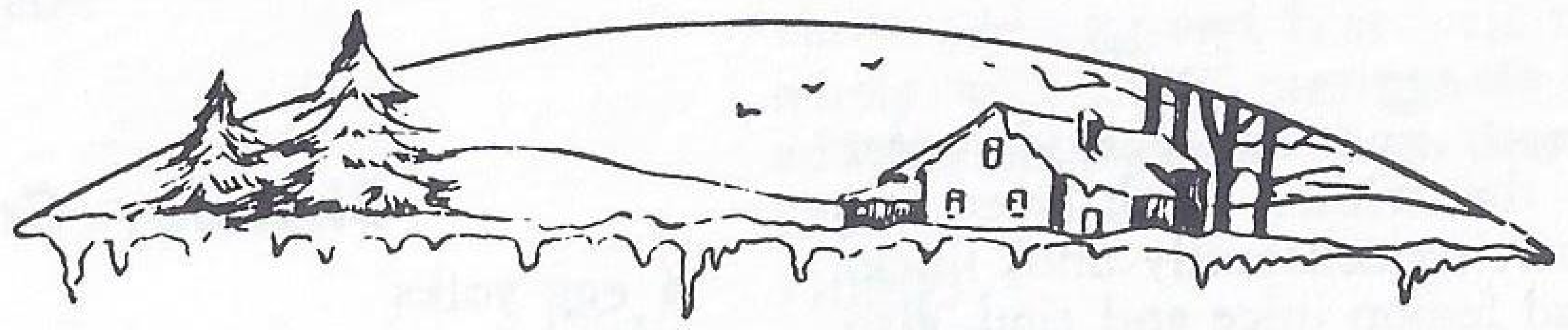
Put egg whites on large meat platter, use wire whisk beat until frothy, add cream of tartar and beat until stiff—not dry. Fold in sugar 1 tablespoonful at a time, fold in flour mixed with salt. Add vanilla. Place in ungreased tube pan. Bake at 275° F. 1 hour.

Jeanette G. Miller

Favorite Cake

½ cup butter
1 cup sugar
2 egg yolks
2/3 cup milk
2 cups flour
2 teaspoons baking powder
½ teaspoon salt

Cream butter, add sugar slowly, add well beaten egg yolks. Beat all well together, add milk. Sift baking powder, flour and salt together. Add to first mixture and beat well. Beat white of eggs stiff and fold in. Bake in shallow pan 20 minutes at 400° F. in oven. Can be baked as cup cakes. Mrs. Florence Guyett



FROSTINGS

(See Maple Sugar and Maple Syrup Frostings; also Sour Cream)

Boiled Icing I

1 cup sugar
1 tablespoon cornstarch
1 egg white
2 tablespoons water

Combine cornstarch with sugar, add water and egg white in top of double boiler. Beat with egg beater 7 minutes, over boiling water.

Mrs. Lawrence E. Thomas

Boiled Icing II

2½ cups sugar
½ cup light corn syrup
½ cup water
2 egg whites
1½ teaspoons vanilla

Boil together sugar, corn syrup and water. Pour over beaten egg whites and add vanilla. Beat till it holds its shape. Florence Guyett

Apple Frosting

1 cup white sugar
1 egg white
1 apple, grated fine

Put in quart bowl and beat 20 minutes.

M. M. Moulton

Brown Sugar Frosting (boiled)

2 cups brown sugar
½ cup water
2 egg whites

Boil brown sugar and water together without stirring until a little lifted on a spoon forms a thread. Pour over beaten egg whites, beating while pouring. When cool spread on cake and sprinkle the top with finely chopped walnut meats. Mrs. Fred Tenney

Chocolate Frosting I

2 cups sugar
2 heaping tablespoons cocoa
½ cup milk (about)
1 teaspoon vanilla
1 tablespoon butter

Boil sugar, cocoa and milk until it spins a thread. Add vanilla and butter. Beat until of proper consistency to spread on cake. Makes a shiny frosting. Florence Guyett

Chocolate Frosting II

¼ cup cocoa
¼ cup milk
1 cup sugar
¼ cup butter

Boil 1 minute hard. Cool. Flavor and frost.

Mrs. R. G. Stevens

Strawberry Frosting

(Freshly gathered wild strawberries are best)
1 egg white
1 cup sugar
1 cup strawberries

Put all together in bowl and beat until stiff.

Rosemary Humphrey

Quick Chocolate Frosting

1½ cup confectioner's sugar
2 tablespoons cocoa
1½ tablespoons butter
3 tablespoons top milk
½ teaspoon vanilla

Cream together until right consistency to spread or beat with electric mixer.

D.M.C.

Mocha Frosting

Substitute strong cold coffee for top milk and use 10 drops vanilla in Quick Chocolate Frosting.

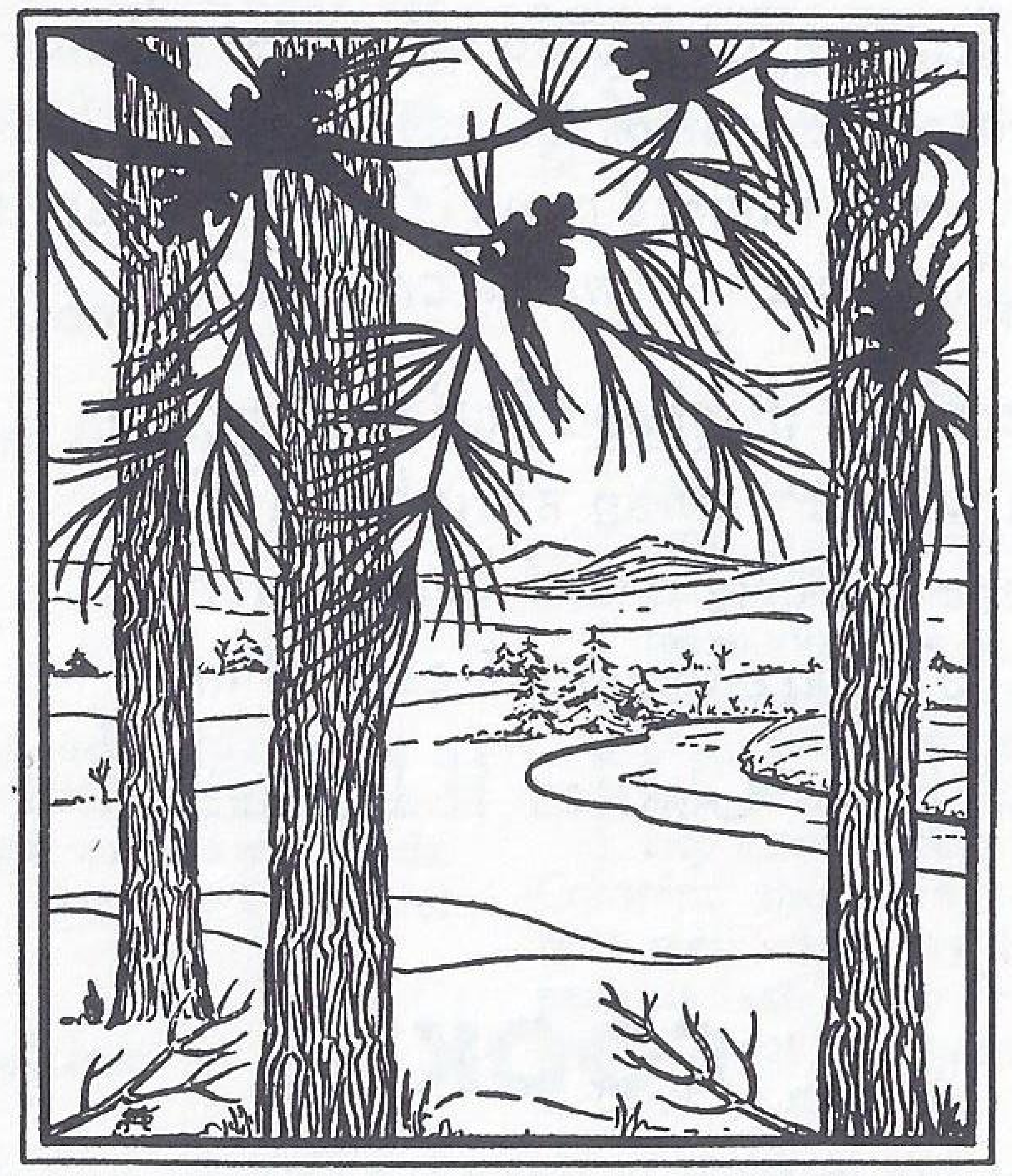
D.M.C.

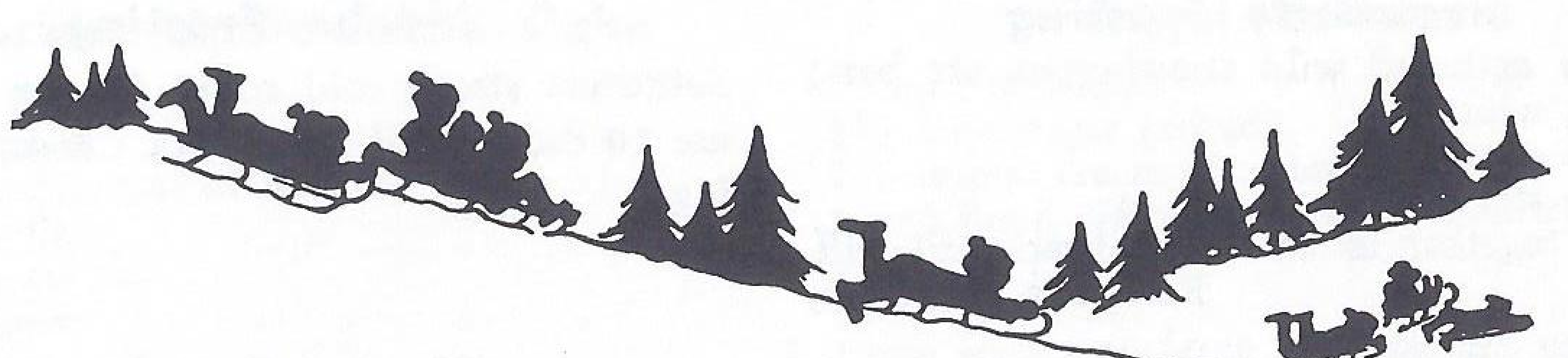
Honey Frosting

1 cup honey
2 egg whites

Boil honey 10 minutes. Remove from fire and allow to cool while beating egg whites. Pour honey in a very thin stream over them, beating constantly until thick enough to spread.

Lemira Heath





Up where the north winds blow just a little keener,
Up where the grasses grow just a little greener,
Up where the mountain peaks rise a little higher,
Up where the human kind draws a little nigher,
That's where Vermont comes in.

Up where the snows of winter last a little longer,
Up where the heart beats just a little stronger,
Up where the handclasp is just a little warmer,
That's where Vermont comes in.

Up where the lonesome pine its nightly requiem sighs,
Up where the unpolluted waters take their rise,
Up where the sons of toil have fought for freedom's sod,
Up where all nature's mood is a little nearer God,
That's where Vermont comes in.

Where our manhood fights for honor
And where woman shrinks at sin,
Where health is man's best riches,
That's where Vermont comes in.

Charles H Darling

COOKIES

The combination of ginger and molasses is considered by many cooks as very effective digestion aids.

Ginger Cookies I

2 cups molasses
1 tablespoon ginger
1 tablespoon vinegar
1 tablespoon soda
Pinch of salt
1 cup sugar
2 eggs, beaten
6 cups flour (about)

Use good sized saucepan. Let molasses just come to a boil, remove from fire and add ginger, vinegar, soda (carefully, for it will fizz up), salt, sugar, beaten eggs. Stir in enough flour to roll and cut while batter is warm. Bake at 350° F. from 10 to 12 minutes. Dorothy P. Alling

Ginger Cookies II

(with shortening)

1 cup sugar
1 cup molasses
1 cup butter, or other shortening (chicken fat can be used)
2 eggs
1 teaspoon saleratus (soda)
2 teaspoons ginger
1 teaspoon baking powder
1 quart flour

Cream sugar and butter, add eggs, then molasses with saleratus added. Sift other dry ingredients and mix. Roll quite thin and bake in 400° F. oven 10 minutes. Elsie Crockett

Dingercies—Ginger Cookies III

1 cup molasses
1 cup sugar
2 tablespoons butter
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon soda in
1 cup boiling water
Flour

Combine ingredients, putting soda in boiling water. Add flour to make batter to drop from spoon, add 1 cup raisins if desired. Bake in 400° F. oven about 10 minutes.

Mrs. L. E. Thomas

Ginger Cookies IV

(with lard)

½ cup sugar
½ cup lard
½ cup molasses
½ cup boiling water (must be boiling)
½ teaspoon salt
1 teaspoon ginger
1 teaspoon (heaping) soda
2½ cups bread flour, or 3 cups pastry flour

Cream sugar, lard and molasses including soda, salt and ginger in the above mixture. Now add boiling water. Mix thoroughly. Add flour, setting aside enough for cake board. Roll ⅛-inch thick. Bake in 425° F. oven about 10 minutes.

Florence H. Guyett

Thin Sugar Cookies

1 cup sugar
1 cup shortening (chicken fat preferred)
2 cups flour
1 cup cornstarch
3 eggs
1 teaspoon soda
1 teaspoon vanilla

Cream sugar and shortening, add eggs one at a time, add other ingredients. Roll thin on floured board and sprinkle with sugar or caraway seeds.

Jeanette G. Miller

Filled Cookies

1 cup sugar
½ cup shortening (chicken fat may be used)
1 egg
½ cup milk
3½ cups flour
2 teaspoons cream of tartar
1 teaspoon soda
Vanilla

Roll very thin, cut round, put in filling and place another round on top, pressing down around edge. Prick with fork.

Filling:

2 cups chopped dates (or ½ dates and ½ raisins)
¾ cup sugar
¾ cup warm water

Cook in saucepan, thicken with 2 tablespoons flour. Flavor with lemon. Mrs. F. Tenney

Oatmeal Drop Cookies

½ cup sugar
½ cup molasses
¾ cup shortening
2 eggs
¼ cup sweet milk
2 teaspoons cinnamon
1 teaspoon cloves
1 teaspoon soda
2 cups flour
1 cup raisins
2 cups oatmeal

Mix ingredients in order given. Melt shortening and sift soda and spices with flour. Drop by teaspoon on greased pans. Bake in 375° F. oven about 10 minutes. Mrs. A. H. Gilchrist

Old-fashioned Sugar Cookies

1 cup shortening (chicken fat, measure scant)
1 teaspoon salt
1 egg, well beaten
1 teaspoon vanilla
5 cups flour, sifted
¼ teaspoon soda
4 teaspoons baking powder
2 cups sugar
1 cup milk

Cream sugar and shortening, add beaten egg. Add milk alternately with dry ingredients. Add flavoring. Raisins, nuts or chocolate chips may be added for variety. Mrs. R. G. Perry

Peanut Surprises

1 cup shortening
2 eggs
2 cups flour
2 cups brown sugar
1 teaspoon baking powder
1 teaspoon soda
1 teaspoon salt
2 cups quick oatmeal
1 cup Wheaties cereal
1 cup ground peanuts

Combine shortening and sugar, add eggs and beat well. Add dry ingredients, Wheaties and peanuts last. Drop from teaspoon onto greased cookie sheet and press with fork. Bake in 375° F. oven 10 minutes. Mrs. R. G. Perry

Peanut Butter Cookies

½ cup shortening
½ cup peanut butter
½ cup brown sugar
½ cup white sugar
1 egg
1¼ cups flour
¾ teaspoon soda
¼ teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla

Mix in order given. Roll in balls (twice size of walnut). Place on tin and mash down with fork. Bake 375° for 10 minutes.

Mrs. Fred Tenney

Ice Box Oatmeal Cookies

½ cup butter
½ cup lard
2 eggs
1 cup granulated sugar
1 cup brown sugar
1½ cups sifted flour
3 cups quick oats
1 teaspoon vanilla
1 teaspoon soda
1 teaspoon salt
½ cup nuts
½ cup coconut

Cream shortening, add sugar and cream until smooth. Drop in eggs and beat. Add sifted flour, soda, salt and oatmeal. Knead to mix. Divide equally adding nuts to one-half and coconut to remainder. Shape in 2 rolls, wrap well and chill over night. Slice with sharp knife. Bake at 375° for 12 minutes.

Mrs. Pliny A. Smith

Markies Chocolate Drop Cookies

1/3 cup shortening
1 cup sugar
1 teaspoon salt
2 beaten eggs
2 cups flour
½ teaspoon soda
½ cup milk
3 squares chocolate
1 cup broken walnuts
1 cup raisins
1 teaspoon vanilla

Cream sugar and salt, add beaten eggs then chocolate melted, nuts, raisins, sift flour with soda, add alternately with milk. Drop on greased cookie sheet, bake 375° for 10 to 15 minutes.

Martha Miller Sanders

Chocolate Surprises

2 eggs
2/3 cup shortening
½ cup brown sugar, firmly packed
3 cups sifted flour
½ teaspoon salt
1 teaspoon vanilla
2 teaspoons baking powder
1½ squares chocolate
½ cup jelly

Mix the dough until firm but not stiff. Divide and add melted chocolate to half the mixture. Chill until firm enough for rolling. Roll thin and cut out with a round cutter. Place a chocolate circle on an ungreased pan. Put about a half teaspoon jelly in the center. Place a white circle on top, pressing edges together. Bake in 400° oven about 10 minutes.

Mrs. Frank R. Boutwell

Tom Thumb Bars

(Will keep fresh a long time.)

½ cup butter
½ teaspoon salt
1½ cups brown sugar, firmly packed
1 cup flour, sifted
1 teaspoon vanilla
2 eggs, well beaten
2 tablespoons flour
½ teaspoon baking powder
1½ cups shredded cocoanut
1 cup nuts, chopped

Combine butter and salt. Add ½ cup brown sugar and cream thoroughly. Add 1 cup flour and blend. Spread mixture in 8x12 inch pan, greased. Bake in moderately slow oven (325°) for 15 minutes or until a delicate brown. Add remaining 1 cup brown sugar and vanilla to beaten eggs, beating until thick and foamy. Add 2 tablespoons flour, baking powder, coconut, nuts and blend. Spread this over the baked mixture. Return to oven and bake 25 minutes. Cool and cut in small bars. Makes about 3 dozen bars.

Odessa Lance

Chocolate Nut Wafers

½ cup butter
½ teaspoon salt
1 teaspoon vanilla
1 cup sugar
2 eggs, well beaten
2 ounces chocolate (melted)
¾ cup flour, sifted
¾ cup nuts, chopped

Combine butter, salt and vanilla. Add sugar and cream well. Add beaten eggs and mix. Add chocolate and blend. Add flour, nuts and mix well. Drop by teaspoon on well greased baking sheet. Bake in moderate oven (325°) for 12 or 15 minutes.

Odessa Lance

DOUGHNUTS & FRITTERS

Grandma's Doughnuts

1 egg
1 cup sugar
6 tablespoons melted lard
2 cups sweet milk
¼ teaspoon soda
Pinch of salt
½ teaspoon nutmeg
2 teaspoons baking powder
Flour

Beat egg, sugar and melted lard together well and add milk, soda, salt, nutmeg and baking powder. Add flour enough to roll but not too stiff. Roll on floured board ½ inch thick, cut and fry in deep fat. Mrs. Clayton McLaughlin

Sweet Milk Doughnuts

(Used by famous Vermont cook.)

1 cup sugar
1 egg
1 tablespoon shortening
1 cup milk
½ teaspoon salt
2 teaspoons cream of tartar and
1 teaspoon soda or 3 heaping teaspoons baking powder
Flour

Combine in order given using flour enough to handle easily, not too dry, leaving a little moisture when stirred. Roll on floured board ½ inch thick, cut and fry in deep, hot fat.

Florence Guyett

Raised Doughnuts I

2/3 pint milk
1 yeast cake
1/3 cup sugar
1 egg
1 tablespoon salt
½ cup melted butter, or margarine
Bread flour

Scald and cool (not cold) milk. Add yeast cake, sugar, egg, salt, butter and enough flour to make dough stiff. Let rise, knead and let rise again. Knead and cut on floured board and let rise again on board. When raised fry in deep fat not too hot. Marion Morse Moulton

Raised Doughnuts II

1 cup milk
¼ yeast cake
¼ cup lukewarm water
1 teaspoon salt
1/3 cup butter, or lard
1 cup white sugar
2 eggs, well beaten
Nutmeg
Flour

Combine as above, stir in flour as for bread, let rise until double in size. Roll on floured board and cut with doughnut cutter, leaving on board to rise ½ hour. Fry in deep fat until golden brown and dust with sugar.

Florence Guyett

Vermont Fritters

1 pint water
1 tablespoon butter
1 tablespoon (or more) sugar
1 pint flour
1 teaspoon (rounding) baking powder
½ teaspoon salt
4 eggs

Boil water, butter and sugar. When boiling, place over low heat and stir in quickly flour, baking powder and salt. Let cool a little but while still warm, beat in with electric beater or with your hand eggs, one by one. Drop in hot fat from a teaspoon "dough the size of a hickory nut" and when three times their size, take out and serve with maple syrup. One half rule serves five people. Jeanette G. Miller

Corn Fritters

2 cups corn
4 eggs
½ cup flour
¾ teaspoon salt
1 teaspoon baking powder
¼ cup cream }
¼ cup milk } or ½ cup cream

Beat eggs, add flour, salt, baking powder, milk and cream. Add corn, canned or scraped off cob. Fry by spoonful in deep, hot fat.

Mrs. Carlyle Gabaree

Corn Fritters Fried in Skillet

4 ears corn, scraped from cob
2 eggs, white and yolks beaten separately

Combine yolks and corn and thicken with bread crumbs until stiff. Fold in whites to which 1 teaspoon salt has been added. Place enough fat in heavy skillet to cover bottom 1/8 inch deep. Fry both sides until golden brown. Don't attempt to do too many at a time. May also be fried in deep fat.

Jeanette G. Miller

Fritters

2 eggs
½ cup milk
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt

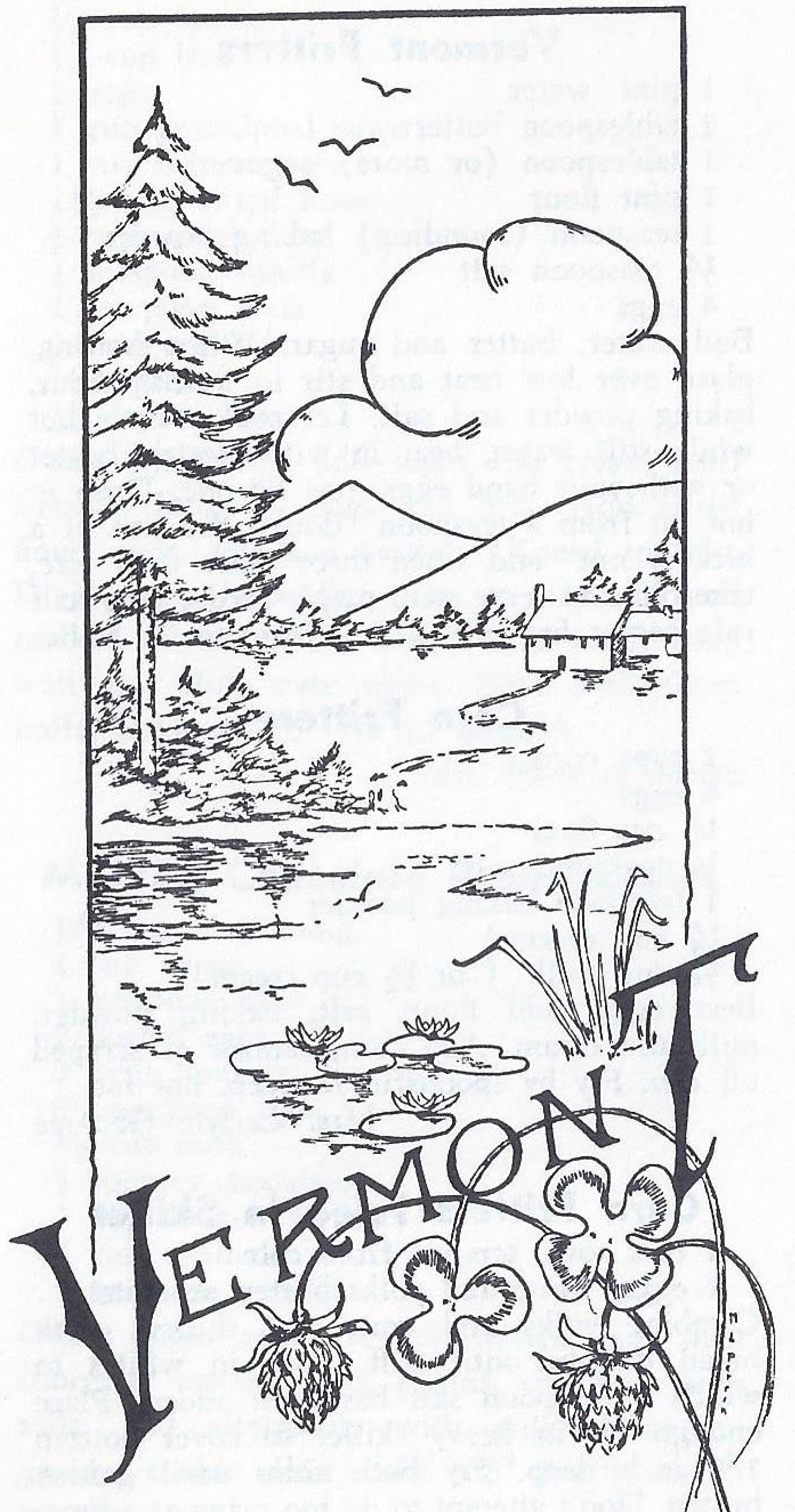
Add to this mixture anything which you like, tomatoes, corn, bananas, apples or pineapple. Fry in deep fat. Mrs. Alfred Chickering

Egg Wafers

2 eggs
¼ teaspoon salt
Pastry flour

Beat eggs as light as possible and add salt. Use as little flour as possible but enough so that mixture can be put on board and rolled very thin. Cut into strips about 3 inches by 1½ inches. Fry in deep hot fat until a light brown. Drain on brown paper. Serve with maple syrup. Lucille J. Angell

SALAD DRESSING



In Vermont, all kinds of fresh garden vegetables are combined in salad. If you have wondered at the flavor, which is hard to duplicate, it may be due to one of these homemade salad dressings. They are easy to make.

Salad Dressing I

1 egg, beaten
Pinch of salt
2 tablespoons sugar
5 tablespoons vinegar

Combine ingredients and cook in double boiler until thick. When cool, add ½ cup cream.

Marion Morse Moulton

Salad Dressing II

3 tablespoons sugar
1 tablespoon flour
1 teaspoon salt
1 teaspoon mustard
Speck of white pepper
1 egg, well beaten
¾ cup milk
2/3 cup vinegar (scant)
Butter, size of a walnut

Combine as given and boil until thick, stirring to prevent scorching. Cool. Thin to right consistency with a little cream.

Mrs. T. E. Flynn

Salad Dressing III

1 teaspoon mustard
½ teaspoon salt
1 tablespoon flour
2 eggs
½ cup milk
2/3 cup vinegar
¼ cup sugar

Combine dry ingredients. Beat eggs well and add dry ingredients, milk and vinegar. Place in double boiler and cook until thick, stirring constantly.

Mrs. A. H. Gilchrist

Salad Dressing IV

1 tablespoon sugar
1 teaspoon salt
2 teaspoons mustard
½ teaspoon pepper
3 teaspoons flour

Moisten with two well beaten eggs. Stir into 1 cup boiling vinegar and boil until thick. Add butter size of a walnut. Whipped cream may be added when serving. Very tart.

Elsie A. Crockett

Salad Dressing V

2 eggs
1 cup sugar
4 teaspoons mustard
5 tablespoons flour
1 teaspoon salt
3 cups milk
2 cups vinegar

Beat all together and cook in double boiler until thick. Makes about 1 quart.

Mrs. Lee Allen

PIES

Pie Crust I

Basic recipe for one 2-crust pie or two single crust pies:

1½ cups pastry flour
1 teaspoon salt
½ cup lard
Cold water

Combine flour, salt and lard, using two knives or pastry blender until it is fine grained. Add just enough very cold water so that mixture breaks away from side of dish. Separate into two equal parts. Roll on floured board to size of pie plate.

Pie Crust II

2½ cups flour
1 cup shortening
½ tablespoon sugar

Work up like corn meal. Drop 2 egg yolks in a measuring cup and fill cup up with cold water. Add to flour mixture. Mix gently.

Anna Waite

Butternut Pie

3 eggs
6 tablespoons sugar
¼ teaspoon salt
3 cups sweet milk
¾ cup butternut meats, chopped fine
1 teaspoon flour

Beat eggs, sugar and salt. Roll butternut meats in one teaspoon flour. Add milk. Put in unbaked pie shell. Bake at 450° F. for 10 minutes then at 350° F. until filling is set.

Mrs. Arthur M. Willard

Custard Pie

3 eggs, slightly beaten
4 tablespoons sugar
Pinch of salt
3 cups hot milk

Combine and bake in unbaked pie shell in 450° F. oven 10 minutes then reduce to 350° F. until it does not stick to silver knife. After taking from oven at once sprinkle lightly with nutmeg.

Mrs. L. E. Thomas

Prune Custard Pie

1 egg
1 cup milk
1 tablespoon flour
½ cup sugar
Butter
Dash of cinnamon, nutmeg
1 cup cooked prunes (halved)

Scald milk, combine and bake in uncooked shell in 450° F. oven 10 minutes then reduce to 350° F. until it does not stick to silver knife.

Mrs. R. G. Perry

Mock Cherry Pie

½ pound seeded raisins
2 cups water
1 tablespoon butter
½ cup sugar
1 cup cranberry sauce

Cook raisins in water until soft, adding butter and sugar. When done, add cranberry sauce and mix well. Bake as a two-crust pie in 450° F. oven about 10 minutes then reduce to 375° F. for 50 minutes or until done. Flour (1 tablespoon) may be added if thicker filling is desired.

Marion Morse Moulton

Heavenly Meringue Pie

4 egg whites
2/3 cup granulated sugar
½ cup powdered sugar
¼ teaspoon vanilla

Beat egg whites stiff and gradually add sugar and vanilla. Butter pie plate and spread meringue over. Bake at 300° F. for 50 minutes. Cool quickly and fill with sliced peaches. Cover with whipped cream and grate bitter chocolate on top.

Mrs. Edward Northrop

Angel Pie

4 egg whites
½ cup granulated sugar
¾ cup confectioners sugar
2 tablespoons butter and some flour

Soften butter, rub thickly over pie plate and sift on flour. Invert pie plate and allow loose flour to fall off. Beat egg whites until stiff, add very gradually folding in with spoon the granulated sugar and then confectioners sugar. Place in pie plate. Bake in 275° F. oven 1 hour. Cool.

1 cup cream
2 tablespoons sugar
10 drops vanilla

Whip cream, add sugar and vanilla. Put this on cold meringue. Sliced strawberries or grated bitter or semi-sweet chocolate should be put on top. Place this in ice box for at least 3 hours before serving. This is really "out of this world."

Mrs. Katherine Neal

Lemon Puff Pie

3 egg yolks, well beaten
½ cup sugar
1 teaspoon flour
Juice and grated rind of 1 lemon (¼ scant cups juice)
3 tablespoons boiling water

Combine in order given and cook until thick. Cool. Beat white of eggs, add ½ cup sugar and fold this thoroughly into cold custard. Put in baked pie shell and brown in a hot oven.

Mrs. Pliny A. Smith

Prize Lemon Pie

2 cups milk, scalded
1 cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
2 eggs, separating whites and yolks

Scald milk, adding to it, the mixed sugar, salt and cornstarch in double boiler. Stir until it begins to thicken and cook 15 minutes. Beat egg yolks and add to mixture. Cook 3 minutes, remove from fire and add three tablespoons lemon juice and grated rind of 1 lemon. Cool slightly and pour into baked crust. Beat whites of eggs until stiff, add ¼ cup sugar and beat, spread on pie and bake 20 minutes in slow oven (325° F.).

Mary Thwing

Strawberry Pie

Use Pie Shell II

1 quart strawberries
1 cup sugar
3 tablespoons cornstarch

Slice some of the best berries and arrange them in a baked pie shell. Mash the rest and stir in sugar and cornstarch mixed together. Cook 10 minutes in a double boiler. Pour over berries in baked pie shell. Chill. Top with whipped cream before serving. Wonderful!

Anne Waite

Lemon Meringue Pie

4 tablespoons flour
5 tablespoons cornstarch
1½ cups sugar
Pinch of salt
2¼ cups boiling water
3 egg yolks
½ cup lemon juice and grated rind of 1 lemon

Mix flour, sifted, cornstarch, sugar and salt. Add water, stirring constantly. Beat yolks until light and add cornstarch mixture slowly to the eggs, stirring constantly. Return to double boiler and cook 2 or 3 minutes, stirring constantly. Remove from heat and add grated rind of lemon and juice. Pour into baked shell when cool. Cover with meringue of beaten egg whites, sugar and vanilla (see above) and bake in 325° F. oven 15 or 20 minutes.

Mrs. Gladys Bates

Buttermilk Pie

2 cups buttermilk
1 cup sugar
2 egg yolks
Pinch of salt
4 tablespoons flour
4 teaspoons lemon juice, or extract

Combine sugar, salt, flour and then egg yolks and buttermilk and lemon juice. Cook in double boiler until thick. Cover with meringue and bake in 325° F. oven 15 or 20 minutes.

Mrs. Ray McClure

Pineapple Pie

2 cups crushed pineapple
1 cup sugar
2 egg yolks

Mix pineapple with sugar and well beaten egg yolks. Cook, stirring all the time, in a double boiler until thick. Add 1 tablespoon butter and pour into baked shell. Spread meringue made from stiffly beaten egg whites and 4 tablespoons sugar on top. Brown in 325° F. oven 10 minutes.

Edith L. Paine

Apple Pie—Two Crust

Apples
1 cup white sugar, or maple sugar
1 teaspoon cinnamon
Butter

Place bottom crust in pie plate. Peel, core and quarter enough apples to fill pie plate. Add sugar, cinnamon and dot with butter. Put on top crust. Be sure to use water enough to cement two crusts together. Bake at 450° F. for 10 minutes and then reduce heat to 375° F. for 30 minutes.

Apple pies may be completely prepared ready for the oven and then placed in an electric refrigerator for use in the next two weeks. If this is done the crust will be far flakier and better. A good system (used in Vermont) is to make three pies at a time, put two in the refrigerator and then pop one into the oven 45 minutes before dinner and serve hot.

Jeanette G. Miller

Pork Apple Pie

1 recipe pastry
5-7 tart apples
2 tablespoons flour
½ cup maple sugar
¼ to ½ cup white sugar
⅛ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons butter
Black pepper
Salt pork

Line a cake dish 9x6x2 inches with pastry. Mix flour, sugar, salt and spices. Combine with apples which have been pared and sliced. Place a layer of the apple mixture in the pastry lined dish and cover with salt pork that has been shaved into very small pieces. Sprinkle with pepper. Repeat until dish is filled. Usually two layers. Dot with butter. Cover with top crust. Bake in hot oven (450° F.) about 10 minutes then at 375° F. for 50 minutes or until done. Serve warm.

Lucille J. Angell

Raisin Pie

½ cup seedless raisins
2/3 cup sugar
1 tablespoon (heaping) flour
Vanilla

Cover raisins with water in sauce pan and cook. Add sugar and flour and cook until thick. Add vanilla. Cool before putting in pie. Bake as a two-crust pie in 450° F. oven 10 minutes and reduce to 350° F. for 30 minutes.

Mrs. Fred Tenney

Date and Cream Pie

Very Old Recipe

Baked pie shell
1½ cups stoned dates
½ teaspoon lemon juice
1 cup cream
1 tablespoon sugar

Chop dates, add lemon juice. Whip cream, add sugar. Combine with dates. Fill pie shell. Decorate with jelly cubes.

Rhubarb Pie

2 cups chopped rhubarb
1½ cups sugar
2 eggs
1 tablespoon butter
2 tablespoons flour
1 teaspoon lemon juice

Chop rhubarb, scald and drain. Add sugar, flour, eggs, lemon and butter. Cook in double boiler until thick. Pour in unbaked shell. Bake 10 minutes at 450° F. and reduce to 350° F. until done.

Mrs. R. G. Perry

Pumpkin Pie

Squash, pumpkin and mashed carrots can be used. The following is a very old recipe and if you have had trouble with your pumpkin or squash pies perhaps here you can find the answer.

Genuine Vermont Pumpkin Pie

For beginners in housekeeping. This recipe will make two good sized pies on common sized custard pie plates or good sized blue-edged pie plates:

A quart and a pint of milk
2 cups light brown sugar
2 tablespoons (heaping) pastry flour
1½ teaspoons cinnamon
½ teaspoon ginger
Pinch of salt
3 eggs
Butter (if you wish) size of 2 walnuts
2 cups pumpkin

First select small pumpkin, bright yellow (sweet pumpkins being best if you can get them and finer grained). Cut in halves, scrape out inside to solid part, slice 2 inches broad. Peel thin and cut in 3- or 4-inch pieces. Steam in bread steamer, or anything that does not let the water reach it. After the pieces will pierce as a boiled potato when done, press them through a colander; then put the pumpkin into a large sized iron frying pan, the larger the surface on bottom the better. Set on top of stove (not too hot) and cook slowly, turning occasionally till dried down to a beautiful golden brown and not a particle of moisture or juice is left. I always prepare my pumpkin the day previous to baking my pies, and set away in cool place. Now, how to put ingredients together: Set dish of milk into hot water until scalding hot, then stir in the two cups of pumpkin till not a lump can be seen. Put the sugar into good-sized dish and stir in the flour, salt and spice thoroughly. Melt butter in hot milk, then stir all together, letting milk still remain in hot water until the flour has cooked 2 or 3 minutes.

The last thing before filling the crusts, beat the 3 eggs lightly and add to the rest after taking from the hot water. Stir well from the bottom. I always sweeten mine more and use more spice if needed, and to taste. A pumpkin or a custard pie is flat and tasteless if not well sweetened, though many do not know this. Just try it and see if I am not right. Again using just as little water as possible in your pie crust so it will roll hard, will give you a crispy high crust around your pie, and for a deep pie it needs to be 1 2/3 inches high, which can be easily done by pinching it thin and high. Then you can tear a strip of old white cotton the same in width as the crust, wet it, and put around the built-up crust. Have a hot oven to begin with and take carefully off when crust has set and begun to bake. Pies should be turned ¼ around each time four or five times to give them an even baking. When done use a thin-bladed knife and cut down a little way into the center of the pie; if done the knife comes out clean.

Pumpkin or Squash Pie II

3 cups boiled squash, or pumpkin
1¼ cups brown sugar
1½ cups milk
2 tablespoons molasses
4 eggs
1 tablespoon ginger
1 teaspoon cinnamon
2 tablespoons butter
Pinch of salt

Mix dry ingredients, add pumpkin, molasses, egg and milk. Pour into unbaked pie shell. Bake 10 minutes at 450° F. and 40 minutes at 350° F. or until done.

Elsie Crockett

Pumpkin or Squash Pie III

½ cup sugar
2 tablespoons molasses
1 tablespoon flour
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
1½ cups pumpkin
2 cups milk
2 eggs

Mix dry ingredients, add pumpkin, molasses, eggs and milk. Pour into unbaked pie shell. Bake 10 minutes at 450° F. and 40 minutes at 350° F. or until done.

Mrs. Fred Tenney

Pumpkin or Squash Pie IV

Very Old

½ pint pumpkin or squash, sifted
1 tablespoon (scant) cornstarch
1 egg
1 pint milk
5 tablespoons sugar
Little mace and cassia

Moisten cornstarch with a little cold milk, then add pumpkin or squash and mix well. Add the egg and beat well, add spice and sugar, stirring in thoroughly and lastly add the milk scalded. Bake at 450° F. for 10 minutes and 40 minutes at 350° F.

Squash Pie Using Maple Syrup or Sugar

2 cups strained squash
1 cup maple syrup, or sugar
2 eggs
1 teaspoon salt
¾ teaspoon ginger
1½ teaspoons cinnamon
1¾ cups rich milk

Mix squash, syrup, eggs, salt and spices. Add milk gradually. Fill two unbaked pie shells. Bake at 450° F. 10 minutes and 40 minutes at 350° F. or until done.

Mrs. Carlyle Gabaree

Pumpkin Chiffon Pie

1½ cups strained pumpkin
½ cup molasses
¼ cup sugar
1 teaspoon cinnamon
½ teaspoon ginger
1 1/3 cups, or 1 can evaporated milk
2 eggs
1 tablespoon gelatine
¼ cup water

Use baked pie shell. Soak gelatine in cold water. Beat egg yolks, add pumpkin, milk, molasses, sugar, cinnamon and ginger. Cook until thickened in double boiler. Cool. When cool add gelatine and chill. When thick, beat until light then fold in beaten whites and pile on baked pie shell.

D.M.C.

Mince Meat for Pies

Recipe of mother of President Calvin Coolidge

- 1 pound boiled beef
- 1 pound suet
- ½ peck apples
- 1 pound currants
- 2 pounds seeded raisins
- ½ pound citron
- 2 pounds sugar
- 2½ quarts cider
- Pinch of salt, cinnamon, cloves and nutmeg to taste

Pare apples, core and chop. Chop currants, raisins and citron and boil with cider and sugar for 5 minutes. Then pour in the meat, suet, salt and spices last. Cook slowly 2 hours. A little jelly or fruit juices improves it. Put in sterilized jars and seal. Stella De Wispelaer

Mince Meat II—Using Venison

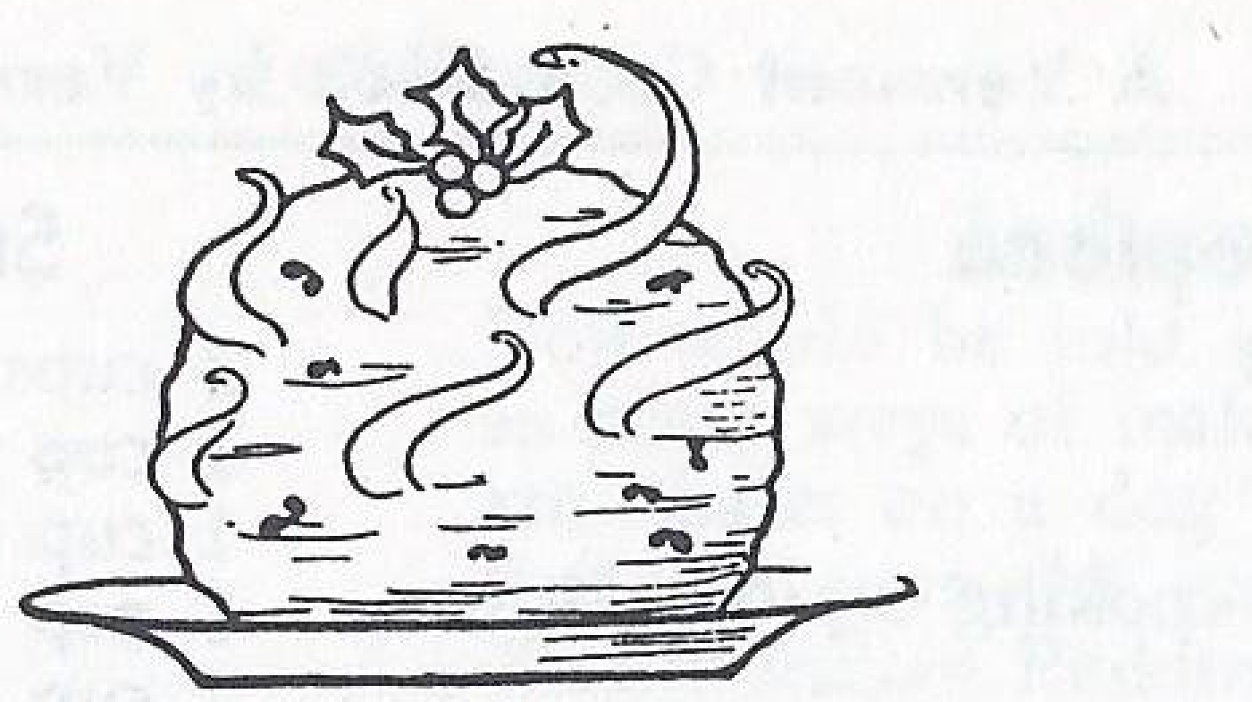
- 2 cups chopped meat, beef or venison
- 5 cups chopped apples
- 1 cup molasses
- 3 cups maple sugar (packed well into cup)
- 1 cup cider
- 1 cup vinegar
- 1 cup water
- 1 cup liquid in which meat has been boiled
- 3 cups chopped raisins
- ½ cup suet (chopped)
- 2 teaspoons cinnamon
- 2 teaspoons cloves
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 3 teaspoons salt

Cook several hours slowly and pack into sterilized jars. Mrs. Harold Carleton

One pint of mince meat makes one pie.

Mince pies are made with two crusts. Bake at 450° F. 10 minutes then at 350° F. for 30 minutes. Mince pies may be kept quite a while in a cool place.

We dont boast of crowded cities,
Where the millions come and go;
But we have our share of beauty,
I was raised here, and I know
When God made these old Green Mountains,
And these valleys, fresh and fair,
He just put his seal upon them,
You will find it, everywhere.
And when you are right down tired
And its rest, and change, you want,
Pack your grip, and some fine morning
Take a trip, to old Vermont



PUDDINGS

Puddings are inevitable in Vermont, after all, if you have pie for breakfast, you must have something else for dinner and supper so it's pudding. Bet some of these will remind you of your grandmother!

Apple Crisp

- 4 cups sliced apples
- 1 cup sugar (maple sugar makes it special)
- ½ cup butter
- ½ teaspoon salt
- ¾ cup flour
- 1 teaspoon cinnamon

Put apples into buttered baking dish and sprinkle with salt. Mix sugar, flour and butter until crumbly and spread over apples and bake uncovered for 45 minutes in 375° F. oven. Serve with whipped cream if desired. Mrs. Cora K. Ayers

Feather Pudding

An old favorite

- ½ cup sugar
- 1½ cups pastry flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg
- 2 tablespoons butter
- ½ cup cold water
- Fruit, jelly, preserves

Mix and sift dry ingredients, with fork, knives or pastry blender, mix in butter, add water and beaten egg. Take 5 cups which may be used in which to steam pudding and place fruit, jelly or preserves in bottom of cup and on top place batter. Steam tightly covered for 40 minutes. The pudding is feathery like very light dumplings only better. M. T. Perrin

Lemon Delight

- 3 tablespoons butter
- ⅛ teaspoon salt
- ¾ cup sugar
- 2 tablespoons flour
- 2 egg yolks and whites, stiffly beaten
- 1 cup milk
- Juice and grated rind of 1 lemon

Combine butter, salt, sugar and flour. Mix well. Add egg yolks, milk, lemon juice and rind and beat well with egg beater until smooth. Fold in beaten egg whites. Pour into greased baking dish and set in dish of hot water. Bake in 350° F. oven about 45 minutes. Serves 6. This pudding has a delicate sponge on top and a gold sauce underneath. Odessa Lance

Chocolate Pudding with Own Sauce

- ¼ cup butter
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ cup sugar
- 3 ounces chocolate, melted
- 1 cup sifted flour
- 2 teaspoons baking powder
- ½ teaspoon soda
- 2/3 cup milk
- ½ cup nuts, chopped
- 2/3 cup sugar
- 2 cups water
- ⅛ teaspoon salt

Combine butter, salt, cinnamon and ¼ cup sugar. Cream thoroughly. Add 2 ounces melted chocolate and blend. Sift flour, baking powder and soda together. Add other sifted dry ingredients to creamed mixture, alternately with milk. Add nuts. Combine 2/3 cup sugar, water and 1 ounce chocolate and bring to a boil. Pour first mixture in greased casserole and drop spoonsful of batter on top. Make in 350° F. oven for 45 minutes. Serves 6. Odessa Lance

Cranberry-Apple Sauce

- 1½ cups cranberries
- 1½ cups sliced apples
- 1 cup water
- 1 cup sugar

Cook cranberries and apples in water until soft. Add sugar and cook till dissolved. Serve cold. Mrs. A. H. Gilchrist

Grape and Apple Sauce

Cut apples into small pieces and add Concord grapes in equal quantity. Cook well and stir frequently to prevent burning. When fruit is soft, put through a strainer to remove skins and seeds. Add sugar to taste. If the strained sauce is too thin it can be cooked longer. Mrs. Carlyle Gabaree

Apple Jumble

- 1½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon butter
- 1 tablespoon lard

Milk enough to make a thick batter. Spread over apples covered with sugar and cinnamon, if desired, that have been sliced into a deep dish. Bake in 450° F. oven 10 minutes, reduce heat to 350° F. and continue to bake until apples are cooked. Mrs. H. A. Foster

Apple Tapioca

1½ cups boiling water
1/3 cup sugar
⅛ teaspoon salt
1½ tablespoons quick cooking tapioca
4 apples

Put water, sugar, salt and tapioca in double boiler and cook over hot water about 20 minutes or until transparent. Arrange four medium sized apples in buttered baking dish after slicing them. Pour tapioca over and bake in 375° F. oven until apples are tender. Mary Thwing

Peach Meringue

Old but very nice

1 quart peaches
½ cup sugar
3 eggs
¼ cup sugar (additional)
1 teaspoon vanilla

Pare, quarter, remove stone from peaches. Place in baking casserole. Sprinkle with ½ cup sugar so all peaches are touched and cover with well beaten whites of eggs. Bake in oven until eggs have become a delicate brown. Cool. Take yolks of eggs, beat and add ¼ cup sugar and vanilla and 1 pint of milk. Cook in double boiler. When cold pour into pitcher and serve with meringue. Elizabeth McGill

Prune Whip

5 egg whites, beaten stiff
½ teaspoon cream of tartar
1 cup sugar
10 prunes, chopped fine

When egg whites are half beaten, add cream of tartar, adding sugar when beaten stiff. Add prunes (nut meats may be added) and set dish in pan of water and bake ½ hour.

Custard dressing:
5 egg yolks
1 pint milk
3 tablespoons sugar

Combine and cook in double boiler until thick. Mrs. Edward Northrop

Heathersole Pudding

2 cups milk
1 cup and 3 tablespoons sugar
1 tablespoon cornstarch (or flour)
2 egg yolks and whites
1 tablespoon cocoa
Nut meats
1 teaspoon vanilla

Combine egg yolks, well beaten, with 1 cup sugar, cornstarch and milk in double boiler and cook until it will coat a spoon. Add vanilla. Place in serving dish. Beat egg whites and add 3 tablespoons sugar and cocoa and place on custard. Nut meats may be sprinkled on top. Annie S. Rockwell

Steamed Thrift Pudding

2 cups bread crumbs
1 cup molasses
1 cup hot water
1 cup flour
1 cup raisins
1 whole egg
1 teaspoon each soda, cloves and cinnamon
1 tablespoon shortening

Sift soda and spices with flour. Pour molasses and hot water over crumbs and let stand until cool. Add other ingredients and stir well. Put into greased tubed pan or pound tin cans and steam 3 hours. Serve with any hot sauce, or a hard sauce. Mrs. R. H. Allen

Vermont's Own Steamed Pudding

2 cups stale cake
¼ cup melted shortening
½ cup molasses
1 egg
½ teaspoon salt
½ cup milk
¾ cup flour
1 teaspoon soda
½ teaspoon each nutmeg and cinnamon
¼ teaspoon cloves

Break cake in small pieces. Add shortening, molasses, well beaten egg and milk. Add dry ingredients sifted together. Raisins, nuts and citron may be added. Steam 2 hours. Serve with maple syrup or whipped cream, or both. Florence E. Bennett

Steamed Chocolate Pudding

1 egg
1 cup sugar
1 tablespoon butter
2 cups flour
Pinch of salt
1 cup milk
2 squares melted chocolate
1 teaspoon soda
1 teaspoon cream of tartar

Mix as any cake and steam 1 hour. Jeanette G. Miller

Digestible Graham Pudding

2 cups graham flour (do not sift)
1 cup sweet milk
1 cup molasses
1 large teaspoon soda
½ teaspoon salt
½ teaspoon cloves and cinnamon
1 cup chopped raisins
1 cup chopped nuts

Mix as any cake and steam 2 hours. Jeanette G. Miller

Easy Rice Pudding I

1 quart milk
4 tablespoons uncooked rice
Butter, small piece
½ cup sugar
2/3 cup raisins
Pinch of salt, cinnamon and nutmeg

Combine and bake slowly 2 hours. Stir occasionally. Avis E. LaClair

Old-fashioned Baked Rice Pudding II

1 tablespoon rice
1 tablespoon sugar
½ teaspoon cinnamon
1 quart milk

Place these in a buttered pudding dish and bake in a very slow oven for six hours. Add a little cold milk from time to time as it evaporates and stir slightly with a fork. The oven should be so slow that only a moderately brown top is formed. The success of this pudding all depends upon the slow cooking. The latter part of the time it should not be stirred at all. It comes out creamy and delicious and a delicate salmon pink color all the way through. It may be eaten hot or cold. D.M.C.

"Company" Rice Pudding III

½ cup rice *cooked,* drain and add
1 quart milk
1 cup heavy cream
½ cup seedless raisins
2/3 cup sugar
1 teaspoon nutmeg
½ teaspoon salt

Place in double boiler and put on the stove where the hot water in the bottom of the double boiler will just simmer. Allow to remain there without boiling for three hours. Remove from fire and place in baking dish and add yolks of 3 eggs, beaten slightly and 1 teaspoon vanilla. Put this in 350° F. oven and cook until set, stirring twice so that rice will not settle. Remove from oven and frost with meringue made of 3 egg whites, beaten stiff, adding 6 tablespoons of sugar gradually and 10 drops of vanilla. Return to oven and brown meringue.

This pudding may be served with the following sauce although many people consider the sauce superfluous.

⅓ cup sugar
1 large tablespoon flour
1½ cups water

Combine and stir constantly over low flame until it thickens. Remove from fire and stir in [illegible] tablespoons butter, 1 teaspoon vanilla and ½ teaspoon salt. Helen Miller

Indian Pudding

You would be told in Vermont that there are as many ways of making this pudding as there are "hairs on a dog" and every cook believes that she uses the only *right* way!! The Old Family Indian Pudding:

2 cups scalded milk
4 cups cold milk
3 heaping tablespoons yellow cornmeal
1 tablespoon butter
½ teaspoon salt
1 cup *black* molasses
1 cup seedless raisins, if desired

Scald 2 cups milk, pour over cornmeal, add butter, salt, molasses and raisins and then stir in 2 cups cold milk. Place in large greased baking dish in 300° F. oven. After 1 hour, stir and add 1 cup cold milk, after second hour, stir and add 1 cup cold milk. Cook 1 hour longer. Jeanette G. Miller

Baked Indian Pudding II

5 cups milk
4 tablespoons Indian meal
½ cup molasses
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon nutmeg
2 eggs, well beaten
½ cup sugar

Scald 1 pint of milk and add Indian meal. Cook ½ hour in double boiler. Cool and add 1 pint cold milk and molasses, salt, cinnamon, ginger, nutmeg, eggs and sugar. After baking ½ hour, add 1 cup cold milk and bake 2 hours slowly. Flora Barrett

Apple Indian Pudding

1 quart milk
6 tablespoons yellow cornmeal
½ cup molasses
1 teaspoon salt
1 teaspoon ginger

Cook all together in double boiler. Grease baking dish, take three good sized apples (sweet), pare and core. Cut into eighths, arrange in dish and pour pudding over. Bake 3 hours in slow oven or until apples are tender and soft. Mary Thwing

Indian Pudding IV

3 tablespoons corn meal
1 cup water
⅛ teaspoon salt
½ cup sugar
½ cup brown sugar
2 eggs, beaten
4 cups milk
½ cup raisins
1 apple

Cook corn meal, water and salt 1 hour in double boiler. Let cool and add white sugar, brown sugar, eggs, milk, raisins and apple which has been cut in crescents and placed on top. Bake 5 hours in very slow oven and serve with cream. Mrs. R. G. Perry

Indian Meal Souffle

1/3 cup corn meal
2 cups boiling milk
2 teaspoons butter
½ teaspoon salt
2 eggs

Stir corn meal into boiling milk. When it begins to thicken, add butter and salt. Take from stove and add beaten yolks of two eggs. Fold in beaten egg whites. Bake ½ to ¾ hour in 375° F. oven. Serve with maple syrup.

Edna M. Perkins

Indian Custard Pudding

2½ tablespoons corn meal
2 tablespoons molasses
¾ cup sugar
¼ teaspoon cinnamon
2 cups milk
2 eggs

Combine ingredients, folding in beaten egg whites last. Bake in 350° F. oven 45 minutes.

Mrs. R. G. Perry

SAUCES FOR PUDDINGS

Fruit Sauce

1 cup fruit juice (juice from canned raspberries, blackberries or strawberries)
1 tablespoon cornstarch
1 cup sugar
½ cup boiling water
Juice of ½ lemon

Boil sugar, cornstarch and water for 5 minutes, add lemon and fruit juice. Excellent for ice cream.

Egg Sauce

1 whole egg
1 cup granulated sugar
1 teaspoon vanilla

Beat egg well, add sugar gradually. Add vanilla. Excellent for steamed puddings.

Lemon Sauce

1 tablespoon flour
1 egg
1 cup sugar, scant
1 pint water
Dash of salt
1 teaspoon lemon juice, or extract

Cook until it foams about 1 minute.

Mrs. R. G. Perry

Steamed Pudding Sauce

1 tablespoon cornstarch
2 tablespoons water
1 cup boiling water
½ cup butter
1 cup sugar
2 tablespoons vinegar
1 tablespoon vanilla

Dissolve cornstarch in cold water, pour boiling water over it. Cook until clear. Cream butter and sugar. Pour hot cornstarch over it and beat until light, add vinegar and vanilla.

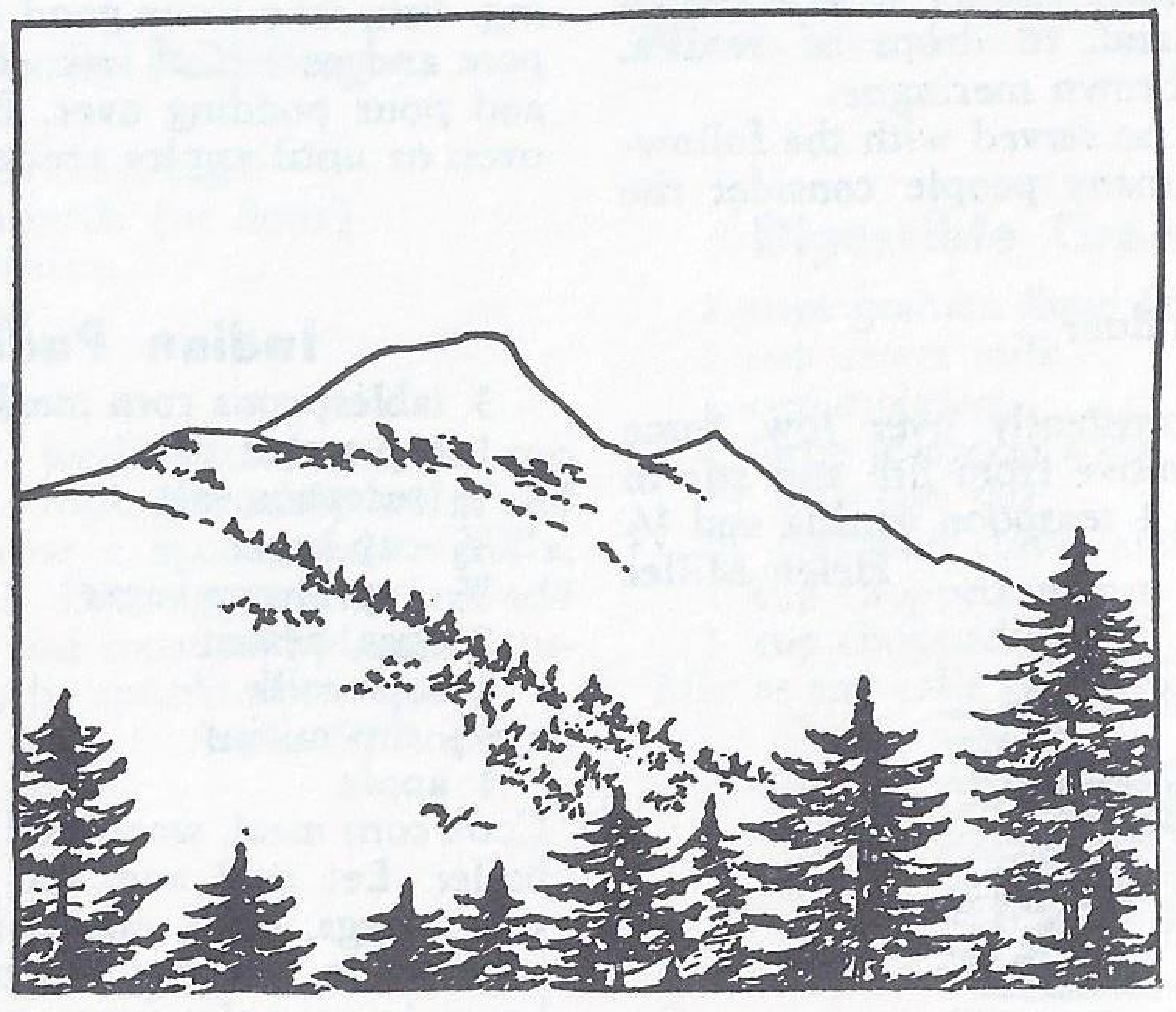
Mrs. D. J. Barnes

Hard Sauce

1/3 cup butter
1 cup white, brown or maple sugar
Vanilla, or brandy, 10 drops

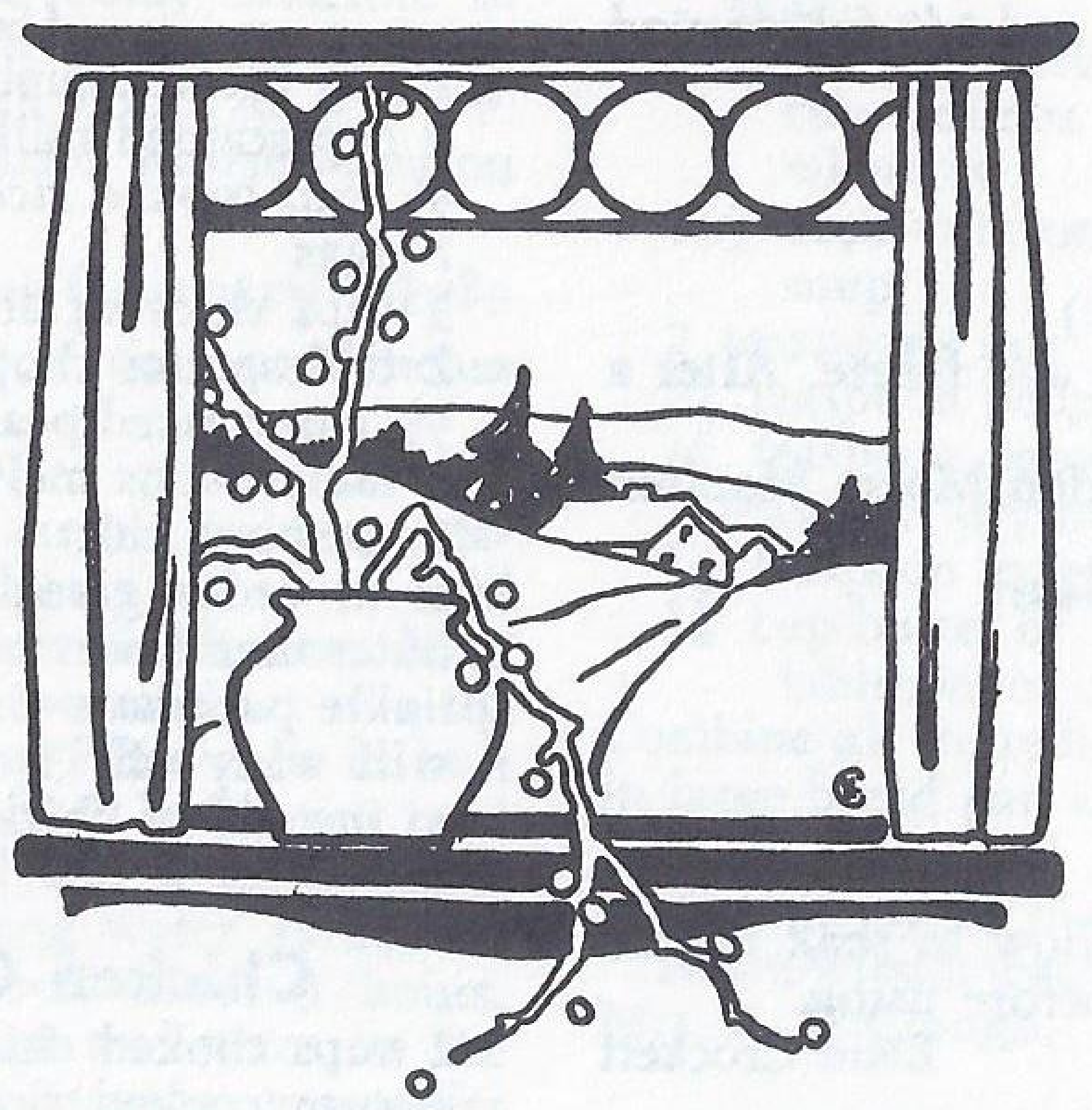
Mix thoroughly, adding flavoring drop by drop. If softer sauce is desired, add 3 tablespoons cream drop by drop.

D.M.C.



BAKED BEANS

See recipes using Maple Syrup.



Vermont Baked Beans

Some of the best baked beans in the world come out of Vermont kitchens. The majority of the Vermont cooks use yellow-eyed beans and "nothing else but." They will tell you it's a matter of personal taste how you season them, consequently we offer a basic recipe with suggestions.

2 cups dried yellow-eyed beans
6 cups water
¾ teaspoon soda
1 piece salt pork
Black pepper

Soak beans overnight in water and soda. In the morning, pour off water. Cover with water and bring beans to a boil, pour off water (most cooks leave out this process), replace water and cook beans until tender. Place beans and water in baking dish, score pork and place in center, sprinkle with black pepper. Cook long enough for pork to be done and very little water remaining in pot 8 to 10 hours. Serve with vinegar and sugar.

Suggestions: Add to beans when preparing for oven:

1 tablespoon brown sugar
1 tablespoon dry mustard
1 tablespoon salt
Pepper to taste

OR

1 tablespoon to ½ cup molasses
Mustard to taste

OR

1 tablespoon to ½ cup sugar
Mustard to taste

OR

Some of each

OR

1 onion sliced, or whole
1 tablespoon sugar, or more
Pepper to taste
Mustard to taste

Some people use salt pork that is all fat, others "a streak of lean and a streak of fat," others prefer bacon.

Sweet pickle juice is used as an accompaniment to beans by some. Others prefer catsup, chili sauce, or chopped sweet pickles, or garden relish.

Acknowledgment is made to Harry D. B. Hart and Elsie Crockett for their suggestions.

Editor's note: When baking beans it is just as well to double or treble the recipe, it really will be no more trouble. Then 1 hour before the beans are done, fill sterilized quart jars with the beans that you are not going to need, and process them for 1 hour in the oven with the beans which are finishing their cooking. Then in warm weather when you do not want to have your oven going all day, you can open a can of home baked beans.

MEAT, POULTRY AND DRESSINGS

See Unusual Recipes Page 6

Good Vermont Sausage

20 pounds pork, 2/3 lean and 1/3 fat, ground fine
8 ounces salt
4 ounces sage
1 ounce pepper
1 ounce ginger (optional)

Mix well, put in cloth bags and freeze. After a week or so, slice and fry.

Marion Morse Moulton

Corned Beef

100 pounds beef
7 pounds salt
1 pound sugar
1 ounce salt petre
4 gallons water

Place in large crocks and allow to soak up the brine for at least a month before using.

Elsie Crockett

Strawberry (Red-Flannel) Hash

Left over corned beef
Cold boiled potatoes
Cold cooked, diced beets
1 small onion (optional)
Bacon fat

Fry the chopped onion in bacon fat and add the other ingredients in equal proportions. Fry 10 to 15 minutes, stirring occasionally to prevent sticking. D.M.C.

Scalloped Chicken I

Delicious for Banquet—Serves 50

2 fat hens, 5 or 6 pounds, boiled
1 pint chicken fat
2 cups flour
8 eggs, beaten
3 quarts milk
3 quarts giblet dressing
1 quart cracker crumbs

Cook chicken. Remove flesh from bones. Dice. Put skin through food chopper. Let the broth cool. Remove the fat and blend 1 pint of the fat with 2 cups flour, add beaten eggs and enough milk (about 3 quarts) to make 1 gallon of sauce. Cook in double boiler, stirring until thick and smooth. Cool. Have ready 3 quarts of favorite bread dressing made with the chopped chicken giblets and moisten with chicken broth. Layer two large baking pans with dressing to a depth of 1 inch. Pour over a layer of sauce, cover with a layer of chicken, add another layer of sauce and cover with cracker crumbs. Bake in 350° F. oven until brown, about 30 minutes, or time enough for the dressing to heat. If the top seems dry sprinkle with milk.

Mrs. Orville Walbridge

Editor's note: "Excellent."

Eggs Dropped in Cream

(This is the way to cook them in Vermont)

½ cup sweet cream
6 eggs

Heat cream and break eggs into the cream one by one. Sprinkle each egg with salt and pepper. Cook slowly 10 minutes and serve on toast.

Mrs. E. C. Wheeler

Scalloped Chicken II

(Serves 8)

1 cup bread crumbs
1 cup scalded milk, or part chicken stock
½ cup cooked rice
2 eggs
3 cups chicken, diced or otherwise
2 tablespoons chopped pimento
½ cup cooked peas
3 tablespoons melted butter
1 teaspoon salt

Mix in order given. Bake at 350° F. for 20 minutes then lower heat until done. When done, sprinkle paprika over top. Do not over cook or it will whey off. 3 cups of roast pork may be used instead of chicken.

Flora Ruth Gilmore

Chicken Casserole

2 cups cooked chicken, bones removed
4 cups cooked rice
2 cups cooked celery
1 cup cooked mushrooms
1 cup chicken stock
Salt and pepper
Bread crumbs

Place layer of rice in bottom of large casserole, next layer of chicken, mushrooms, celery, then another layer of rice, season. Top with crumbs, dot with chicken fat and add stock. Brown in 375° oven 30 minutes. D.M.C.

New England Boiled Dinner

3½ pounds corned beef
6 parsnips
9 carrots
6 beets
1 head of cabbage
6 potatoes
6 turnips

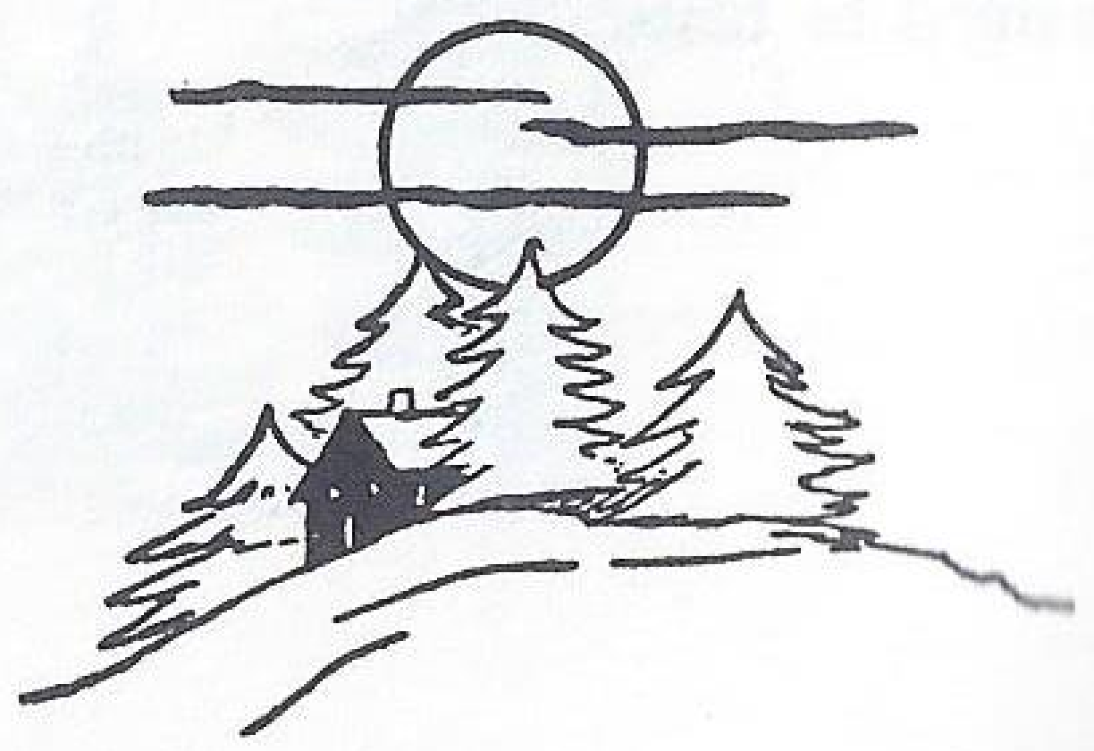
Soak corned beef 15 minutes in cold water (put in large pot), pour on hot water to cover. Cook 1 hour. Add parsnips, carrots, beets and turnips. Cook 1 hour. Add potatoes and cabbage. Cook 1 hour. Liquor in which it has been cooked should be served as soup. Serve hot with catsup.

Six Layer Dinner

2 cups cubed raw potatoes
2 cups cut celery
2 cups hamburg steak
1 cup sliced onions
1 cup sliced green peppers
2 cups tomatoes (canned)

Place in casserole in order given and bake 2 hours at 350° F. oven. Season with salt and pepper.

Mrs. E. Robert White



Scalloped Potatoes with Ham

6 potatoes, peel and slice
1 pound sliced ham, pieces ½-inch thick and 2-inch square

Put these ingredients in a roomy casserole in layers having meat on top layer. Cover with rich milk and bake 2 or 3 hours at 350° F.

Marion Morse Moulton

Short Ribs of Beef—Country Style

3 or 4 pounds short ribs, each 3 or 4 inches long
Salt and pepper
Vegetables as desired, carrots, onions, potatoes, turnip, green beans, etc.

Use heavy pot, large skillet or dutch oven. Melt some suet in bottom of pot, sear short ribs till nicely browned on all sides. Place rack in bottom of pan, season meat well with salt and pepper, place on rack and add a little water. Cook slowly, covered, adding water as needed to prevent burning. Let cook about 3 hours. Prepare vegetables as desired and place on the meat, steam until done. Arrange vegetables around meat on platter. Mrs. M. B. Winslow

Fried Salt Pork with Brown Gravy

Always served with boiled potatoes

This used to be standard breakfast on Vermont farms, not too many years ago. Corn bread goes well with it too. For 4 to 6 people use:

1 pound salt pork (fine streaks of lean)
Flour, to dredge

Cut pork as thin as possible (about ⅛-inch thick), soak in hot water 10 minutes. Dry on paper. Dredge with flour. Simple method of dredging with flour: Use paper bag, put flour in it, drop in 2 or 3 slices of product to be cooked and shake. They will be uniformly coated with flour! Place in cold frying pan, fry slowly, turning often (like bacon) until crisp and brown. Remove from pan and drain on paper. Pour off all but a scant 2 tablespoons of fat and add 2 tablespoons flour. Mix thoroughly, return to fire and gradually add 1 pint milk, stirring constantly. Cook 3 to 5 minutes. Season with salt to taste.

Hope Reynolds

Pig's Liver

Many people believe the only liver "fit to eat" is calves' liver and that pig's liver is for cats. If, however, you remember from your childhood some 'specially tasty liver, maybe this is what you've missed.

Have liver sliced *thin*. Place in pan in sink and pour over it a quart or more of boiling water. Allow to stand 2 or 3 minutes. Pour off water and dry on paper towels. Dredge with flour to which salt has been added and fry in bacon drippings. The boiling water takes out the "strong" flavor. Onions may be fried first in bacon fat to go with liver.

Viola Crouse

Sauted Veal

Use thin slices of cooked veal. Fry in bacon fat until slightly crisp. Season with salt and pepper. Should be served with baked potatoes and butter.

Harry D. Barton Hart

Meat Loaf

½ pound veal, chopped
½ pound beef, chopped
½ pound pork, chopped
2 eggs
2 cups bread crumbs or 1 cup bran and 1 cup crumbs or 2 cups corn flakes or wheaties
1½ cups milk or 1 can mushroom or tomato soup
2 teaspoons salt
¾ teaspoon pepper
¼ teaspoon paprika (optional)
1 teaspoon dry mustard
¼ teaspoon sage (optional)
¼ cup butter or 2 tablespoons bacon fat or 2 tablespoons chicken fat

Combine all ingredients, mix with hands. Place in large bread pan and bake 2 hours in 325° F. oven. If preferred 2 strips of bacon may be placed on top in place of fat.

Acknowledgment made to suggestions by Mrs. L. P. Clough.

Stuffed Cabbage I

2 cups cooked rice
1 pound hamburg
1 small onion chopped fine
1 teaspoon salt
Pepper
Cabbage

Take a large firm cabbage. Cut off top (like top of pumpkin for Jack-o-lantern), hollow out inside (save for cold slaw). Mix rice, hamburg, onion and seasoning and fill cabbage. Replace top, tie in cheese cloth and boil 2 hours. Serve with white sauce made with chicken fat or tomato sauce.

Jeanette G. Miller

Stuffed Cabbage II

Cabbage
Sausage

Prepare cabbage as above. Stuff with sausage. Tie top on securely and boil until cabbage is tender.

Gladys F. Willett

Dressing for Meat I

Fish or Fowl—from a *very* old cook book

"For an 8- or 10-pound turkey, cut the brown crusts from slices or pieces of stale bread until you have as much as the inside of a pound loaf. Put it in a dish and pour tepid water (not warm for that makes it heavy) over it, let it stand 1 minute as it soaks very quickly. Now take up a handful at a time and squeeze it hard and dry with both hands, placing it as you go along in another dish. This process makes it very light when all is pressed dry. Toss it all lightly through your fingers. Now add pepper and salt, about a teaspoonful, also a teaspoonful of powdered summer savory, the same amount of sage or the green herb minced fine, ½ cup melted butter, a beaten egg or not. Work thoroughly all together and it is ready for dressing either fowls, fish or meats."

Dressing for Meat II

4 cups bread crumbs
2 teaspoons salt (scant)
¼ teaspoon pepper
1 egg (slightly beaten)
1 onion (chopped fine or put through food chopper)
1½ teaspoons poultry seasoning
2 tablespoons butter (melted)

Grind liver and heart which has been cooked, add to crumbs and rest of ingredients. Moisten with *boiling* water (also use water the giblets were cooked in). 1 pound sausage may be added to make a very good dressing. Where the dressing is used for pork, steak and lamb, grind or cut in small pieces, a slice of salt pork, to use in place of heart and liver.

Mrs. Fred Tenney

Mushroom "Stuffing"

4 cups stale bread broken in small pieces
2 teaspoons salt
¼ teaspoon pepper
1 egg, slightly beaten
1 small onion, chopped fine
2 teaspoons poultry seasoning
2 teaspoons butter or other shortening
1 pound mushrooms

Soak stale bread in luke warm water and wring dry. Fry mushrooms in butter. Combine with other ingredients.

D.M.C.

PICKLES, RELISHES & CONSERVES

Pickled Blackberries

7 pounds fruit
1 pint vinegar
1 tablespoon cinnamon
3 pounds sugar
1 tablespoon cloves

Bring to boil, cook 20 minutes. Can and seal.

Josephine Sturtevant

Bread and Butter Pickles I

1 gallon cucumbers
2 green peppers
8 small onions
½ cup salt

Select crisp, fresh cucumbers. Wash, don't pare, and slice very thin. Slice other vegetables. Mix with salt and bury 1 quart cracked ice in mixture. Let stand 3 hours. Drain. Make a syrup of:

5 cups sugar
½ tablespoon ground cloves
2 tablespoons celery seed
1½ teaspoons tumeric
2 tablespoons mustard seed
5 cups vinegar

Pour over the sliced pickles and heat, but do not boil. Can.

Mrs. Howard O'Neil

Bread and Butter Pickles II

8 cups thinly sliced cucumbers
2 cups thinly sliced onions
Little salt
2 cups vinegar
2 teaspoons celery seed
3 cups sugar
2 teaspoons tumeric
3 inches stick cinnamon
4 green or 2 green and 2 sweet red peppers, finely chopped, removing seeds

Wipe cucumbers and slice as thinly as possible (do not pare). Combine the sliced onion and sliced cucumbers in pan, sprinkle generously with salt. Set aside for at least an hour, drain off accumulated liquid, place in pan with vinegar, sugar, celery seed, tumeric, cinnamon and peppers. Bring to boiling point and boil for 30 or 45 minutes. Stir frequently. Makes 2 quarts. Seal while hot.

Mrs. Fred Tenney

Pottsfield Relish

6 cups green tomatoes
6 cups ripe tomatoes
4 pounds onions
1 cabbage
2 red hot peppers
2 sweet red peppers
1 bunch celery
½ cup salt
3 pints vinegar
3 pints (6 cups) sugar
½ ounce mixed spices
¼ pound white mustard seed
2 tablespoons celery seed

Put green tomatoes, cabbage and onions through food chopper and put salt on this. Let stand 3 or 4 hours. Grind peppers and put in pan on back of stove with the chopped ripe tomatoes and celery which has been cut in small pieces. Add celery seed and cook very slowly. After the green tomatoes, etc., has set 4 hours, put this in cheesecloth bag and drain well. Then put this in pan with celery, etc. Add vinegar, sugar and spices (put spices in small cheesecloth bag) and let cook slowly 30 minutes or more until thick. Seal while hot. Note: Do not skin tomatoes. The ripe tomatoes need not be red, medium ripe ones will do for this relish.

Mrs. Fred Tenney

Colorful Sweet Cucumber Pickle

2 quarts ripe cucumber, cut in 1-inch squares
6 onions, cut fine
1 green and 1 red pepper, cut fine

Soak above overnight with ½ cup salt sprinkled over it and a plate on top to hold it all down. Drain in the morning and cover with cold water and bring to a boil and drain again.

Mix:

1 pint vinegar
1 teaspoon tumeric
3½ cups sugar
⅛ cup mustard seed
15 whole cloves

Put cucumber cubes into this and boil ½ hour. Can and seal while hot.

Mrs. Alfred Chickering

Uncooked Mixed Pickle

4 quarts ripe tomatoes, chopped and drained
1 cabbage, chopped
2 green peppers, chopped
2 onions, chopped
2 cups celery chopped
4 tablespoons mustard seed
4½ cups sugar
2 cups vinegar

Mix thoroughly and let stand until sugar is all dissolved, or overnight, and can it cold. May be used in gelatin salad.

Mary Thwing

Sunshine Cooked Pickles

4 quarts cucumber, sliced
4 medium onions
1 tablespoon celery seed
1 tablespoon salt
3 cups brown sugar, or a syrup can be substituted
3 cups vinegar

Mix well and cook until clear. Fill jars and seal while hot.

Mrs. R. G. Stevens

Grandma Cushman's Mustard Pickle

2 quarts small cucumbers
1 quart small onions
2 cauliflower heads (cut)
3 green peppers

Make brine of 2 quarts water and 1 cup salt. Let stand on pickles overnight. Bring pickles to the boiling point in the same brine. Drain and cover with sauce composed of:

1 cup flour   1 tablespoon tumeric
6 tablespoons mustard

1 tablespoon tumeric combined with enough vinegar to make a smooth paste. Add this to 2 quarts hot vinegar and 2 cups sugar. Cook until thick. Pour over pickles and seal at once.

Odessa Lance

Apple Catsup

14 apples stewed and sifted
2 medium onions
1 cup sugar
1 cup vinegar
1 teaspoon cloves, pepper and mustard
2 teaspoons cinnamon
1 tablespoon salt

Boil 1 hour and put in sterilized jars.

Mrs. Alan Paine

Cranberry Relish I

1 pound cranberries   1 orange
4 tart, red apples   2 cups sugar

Wash cranberries, orange and apples. Core apples but do not pare. Chop fruits finely or grind, add sugar and mix well. Chill and serve. Color and flavor are improved if allowed to stand a few hours. It will keep for weeks if put in cans and kept in cool place. Serve with fowl, veal or pork.

Mary Thwing

Cranberry Relish II

[illegible] cups raw cranberries
[illegible] apples

Grind above through food chopper and add

½ cup sugar
1 teaspoon salt
½ cup walnuts (broken)

Mix and serve with topping of mayonnaise with meat

Marion Morse Moulton

Currant and Pineapple Conserve

1 quart currants
1 orange
2 cups crushed pineapple (canned)
4 cups sugar
1 cup nut meats

Wash, stem and crush currants and bring to boiling point. Then press juice through cheesecloth and add the juice and grated rind of orange, pineapple, sugar and simmer 1 hour or until thick. Add nut meats the last 5 minutes of cooking.

Mary Thwing

Strawberry and Rhubarb Conserve

Twice as much rhubarb as strawberries. Let rhubarb stand overnight in sugar if possible. Take 1 cup sugar to a pint of rhubarb. Cook rhubarb and sugar until rhubarb is soft, add berries and cook until thick. Watch carefully.

Isabel Wimett

Peach and Apple Marmalade

1 quart sliced peaches
6 cups sugar
1 quart sliced apples

Use red apples and do not pare, slice them very thin. Pare peaches, slice very thin, add sugar and cook slowly or until fruit doesn't rise to top. Nuts may be added.

Mrs. Maurice Wheeler

Heavenly Jam

1 basket Concord grapes. Boil pulp, skins removed, and put through wire strainer to remove seeds. Put skins through food chopper, 3 oranges, skin and pulp through food chopper, 3 or 4 apples through chopper and 3 pounds sugar. Cook together until thick, then add 1 cup walnut meats cut fine.

D.M.C.

Pear Preserve

6 pounds pears
1 can pineapple (large)
2 oranges
Sugar
½ pint bottle maraschino cherries (cut up)

Combine pears, pineapple and oranges. Measure and add ¾ quantity of sugar. Simmer until thick. Cut cherries in half and add with liquid in bottle. Stir well. Fill glasses, seal. Makes about 6 pints.

Edith Bogle

Green Tomato Preserve

7 pounds tomatoes
3 lemons
7 pounds sugar

Peel tomatoes and slice with lemons, add sugar and let stand overnight. Cook about 3 hours slowly. Put in jars and seal with parafin.

Elsie Crockett

Green Tomato Marmalade

6 pounds green tomatoes, chopped
6 lemons sliced thin and boiled in
1 cup water for 5 minutes
6 cups sugar

Combine ingredients and boil until the mixture is thick and clear. Half corn syrup or honey can be substituted for half the sugar.

Mary Thwing

Come to Vermont

We are proud of the fact that we are Vermonters. We are proud of our state. It is our wish that every one could see it.

See it in Winter when snows and shadows are deep and cold and the ski runs dotted with human forms. See it in Spring when the leaves and grass appear in every possible shade of green after five months of rest. See it in Summer and feel its clear cool nights and delightful days, smell the breath of the forest and fields of flowers. See it in the Fall when it is unbelievably colorful. You will realize then why eminent writers have said "Vermont is the Switzerland of America."

Our mountains are not high as mountains go, our valleys are not deep; but there is a beauty in the sloping hills and rugged valleys in this region, which, at every turn in our winding roads, brings a new picture in varying shades of color at every season.

Especially is it true in the autumn when, between October 4th and October 10th of each year, our forests become a paradise of beauty unequalled in all the world. No one can tell you of its beauty. You must see it to visualize its grandeur, and after you have seen it, you will be unable to convey to someone else the beauty you have seen; that is strange but oh so true.

If all the people in the world could know of the beauty of Vermont in the autumn which is here, free to look at, free to enjoy, the state would not be large enough to take care of its visitors.

These cook books are available by mail between MAY 1st and DECEMBER 1st directly from

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White River Junction, Vt. 05001

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